

# London National Park City Week 2018



**Saturday 21 July – Sunday 29 July**

[www.london.gov.uk/national-park-city-week](http://www.london.gov.uk/national-park-city-week)

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# SATURDAY JULY 21

## All day events

### **Inspirallondon DayNight Trail Relay, 12 am – 12am**

Theme: Arts in Parks

Meet at Kings Cross Square - Spindle Sculpture by Henry Moore - Start of Inspirallondon Metropolitan Trail, N1C 4DE (at midnight or join us along the route)

Come and experience London as a National Park City day and night at this relay walk of Inspirallondon Metropolitan Trail. Join a team of artists and inspirallers as they walk non-stop for 48 hours to cover the first six parts of this 36-section walk. There are designated points where you can pick up the trail, with walks from one mile to eight miles plus. Visit [Inspirallondon](#) to find out more.

### **The Crofton Park Railway Garden Sensory-Learning Themed Garden, 10am- 5:30pm**

Theme: Look & learn

Crofton Park Railway Garden, Marnock Road, SE4 1AZ

The railway garden opens its doors to showcase its plans for creating a 'sensory-learning' themed garden. Drop in at any time on the day to explore the garden, the landscaping plans, the various stalls or join one of the workshops. Free event, just turn up.

Find out more on [Crofton Park Railway Garden](#)

### **Brockley Tree Peaks Trail, 10am - 5:30pm**

Theme: Day walk & talk

Crofton Park Railway Garden, Marnock Road, London, SE4 1AZ

Collect your map and discount voucher before heading off to explore the wider Brockley area along a five-mile circular walk. The route will take you through the valley of the River Ravensbourne at Ladywell Fields and to the peaks of Blythe Hill Fields, Hilly Fields, One Tree Hill for the best views across London!

You'll find loads of great places to enjoy food and drink along the way and independent shops to explore (with some offering ten per cent for visitors on the day with your voucher).

Free event, join the group at any time.

Find out more on [Crofton Park Railway Garden](#) website.

### **Walworth Garden, 10am – 5pm**

Theme: Look and learn

Meet at Walworth Garden, 206 Manor Place, Southwark, SE17 3BN

Come along to this open day and find out more about Walworth Garden. This unique charity is dedicated to changing lives through horticulture and creating a green oasis in the heart of Southwark.

Free event, just turn up.

### **Heritage Horse n' Carriage Tour, 10am – 5pm**

Theme: Look & Learn

Thames Chase Forest Centre, Pike Lane, Upminster, RM14 3NS

Join a free one-day horse and carriage heritage tour around Heritage with heritage groups, Discover Me and the Land of the Fanns. Free, Find out more on the [Thames Chase website](#).

**Falconwood to Woolwich Arsenal Walk, 10:30am – 4pm**

Theme: Day walk & talk

Meet at Falconwood Rail Station (Zone 4), Bexley, SE9 2RN

Join the Ramblers for a ten-mile walk from Shooters Hill to the River Thames. Stride through the ancient woodlands of Oxleas Woods, Bostall Woods and Abbey Wood on to the ruins of Lesnes Abbey. There are drop-off points throughout the walk, so you can leave when you like. Ends at Woolwich Arsenal National Rail/DLR station. No booking required, just turn up.

Visit [Inner London Ramblers website](#) to find out more.

**Cranford Park Family Day, 11am – 4:30pm**

Theme: Family fun

Meet at Cranford Countryside Park, Hillingdon, TW5 9RZ

Come along for an incredible day out against a backdrop of beautiful 18th century parkland. Enjoy falconry, farm animals, medieval knights, painting and river dipping. Free entry, just turn up.

Find out more on [Cranford Park Friends website](#).

**St Margaret's Community Space Open Day, 11am – 3pm**

Theme: Look & learn

Meet at St Margaret's Church, 1 Station Road, Edgware, HA8 7JE

Come along to this open day to explore the community space around St Margaret's Church. There's loads of family fun activities too including history and nature trails, planting and arts and crafts. Free entry, donations welcome. Book your place at [Eventbrite](#).

**Wonderful Wildlife Weekends at Woodberry Wetlands, 11am – 3pm**

Theme: Family fun

Meet at Woodberry Wetlands, Education Ponds, Hackney, N4 2RH

Come and enjoy fun activities for the whole family with the London Wildlife Trust at Woodberry Wetland. There's bug hunting, wild crafts, stories, and much more! No booking required, just turn up. All children must come with an adult.

Find out more on the [London Wildlife Trust website](#).

**Daubeney Fields Community Planting and Picnic, 11am -3 pm**

Theme: Family fun

Meet on the corner of Redwald Road and Daubeney Road, Hackney, E5 0EF

The Daubeney Fields user group would like to invite you to a community picnic with a purpose. Bring sandwiches, fruit and cakes, and any games you'd like to play and find out and tell us your views on how to make Daubeney 10xGreener. Organised by Daubeney Fields user group.

Free but registration on [Eventbrite](#) preferred. Otherwise just turn up on the day!

**Straw Bale garden open day at Beckenham Place Park, 11am – 4pm**

Theme: family fun

Meet at Beckenham Place Park (tennis courts), Lewisham, BR3 1SY

Come along to pick and taste fresh produce and find out how a straw bale garden works. You never know, you might even be inspired to create your own. Activities and trails for kids. Free event, just turn up.

Find out more on the [Lewisham Council website](#).

### **London National Park City Fair, 11am – 5pm**

Theme: Look & Learn

Meet at Conway Hall, Red Lion Square, WC1R 4RL

Come along to this free **Volunteering & Experiences Fair** and meet the fantastic organisations organising events during National Park City Week and making a difference every day to our city.

There will be stands on urban food growing, rambling, car free days, citizen science, community story creation, mapping, and how to get into parkour.

Across the day the **A-Z Field Guide to the London National Park City** will present 26 short talks on various topics including the impact of pollution on London's wildlife, its geological past and how community action can lead to new and exciting changes. There's even a talk by a dog. You will also be able to **join short, circular walks** with experienced guides to explore the streets, parks and other spaces around Conway Hall.

Find out more on the National Park City Foundation [website](#).

### **Hackney Yoruba Arts Festival, 12pm – 9pm**

Theme: Arts in parks

Meet at Clissold Park, Hackney, N16 9HJ

Come and celebrate the vibrant arts and culture of the Yoruba. It'll be a great day out for the whole family with face painting, a playground, workshops, competitions, presentations, and more. There'll also be live music performances, African food and an arts and crafts market. Free event, just turn up.

Find out more on the [Yoruba Arts Festival](#) website.

### **Lambeth Country Show, 12pm – 8pm**

Theme: Family fun

Meet at Brockwell Park, Brixton/Herne Hill, SE24 9BJ

Come to one of the biggest free family festivals in the UK. The unique line-up celebrates the best of traditional countryside shows and great music. There'll also be a children's funfair and bouncy castle rides. This event gets busy so come early and be prepared to queue. Last entry is at 6.30pm.

Free event, just turn up. Please note, you will be searched on entry. For more information visit the Lambeth Country Show [website](#).

## **Morning events**

### **Finsbury parkrun: 8.50am - 10am**

Theme: Health & fitness

Meet at Finsbury Park Cafe, Finsbury Park, Hornsey Gate, Endymion Road, London, N4 2NQ.

Enjoy a free 5km run in Finsbury Park. Run, jog or walk, you are welcome to enjoy parkrun at your own pace. Why not join us in the cafe afterwards for a coffee and a catch up?

Free - just turn up. To receive a time for your run, please register in advance at <https://www.parkrun.org.uk/register/> and bring a printed copy of your barcode with you.

### **Back to Nature Bootcamp, 10am – 11am**

Theme: Health & fitness

Meet at Rainham Marshes nature reserve, New Tank Hill Road, Purfleet, Essex, RM19 1SZ

Get fit in the great outdoors at Rainham Marshes Nature Bootcamp sessions. Come along and improve your fitness, meet new friends and have fun.

Costs: £6.50 (£5 for RSPB members) per session or book five sessions for £25 (£20 RSPB members)!

To book your place, call RSPB Marshes Nature Reserve on 01708 899840. [More information on the RSPB website.](#)

**Discover the unexpected natural treasures in Kingston Cemetery, 10am – 1pm**

Theme: Look and learn

Meet at Kingston Cemetery, Bonner Hill Rd, Kingston-upon-Thames KT1 3EZ

Discover the surprising flora and fauna at Kingston Cemetery's conservation area with guided tours by volunteers. Free event, just turn up.

Visit [Kingston Biodiversity Network](#) to find out more.

**Ealing to Richmond Walk, 10am - 1pm**

Theme: Day walk & talk

Meet outside Ealing Broadway Tube/rail station, W5 2NU

Join the Ramblers for a five-mile walk. Take in Ealing's delightful smaller parks - Walpole, Lammas, Blondin, Boston Manor – and then enjoy the Grand Union Canal to Brentford Lock. Ends at Richmond tube/ National Rail Station.

Free event, just turn up.

Visit [Inner London Ramblers](#) website to find out more.

**World Kitchen at the Mulberry Centre, 10am – 1pm**

Theme: Family fun

Meet at Mulberry Centre, 12a Calais Street, Myatt's Fields Park, Lambeth, SE5 9LP

Cook and eat together with your kids (under fours) at World Kitchen at the Mulberry Centre. There'll also be crafts and outdoor play. Free event, just turn up.

Find out more about events at [Myatt's Fields Park](#).

**A Walk through the Parks of Three London Boroughs, 10am – 2:30pm**

Theme: Day walk & talk

Meet at Wandle Park Tram stop, Croydon, CR0 4JS

Join the Croydon Ramblers for a seven-mile linear stroll through the parks of three south London boroughs - Croydon, Sutton and Merton. Finish at Morden Road Tram stop. Bring a packed lunch. Free event, just turn up.

Find out more on the [Croydon Ramblers](#) website.

**Tots' Tales, 10:30am – 11:30am**

Theme: Family fun

Meet at bottom playground, Wells Park, Sydenham, SE26 6JQ

Bring the kids for 'Story Time in the Park' - a nature-themed sensory story, using props, activities and parachute play, bubbles and lots of singing! Suitable for under-5s. Cost £5 per person with a concession of £3 for siblings.

Book on [TotsTales](#) website. Siblings get a discount.

**The Queen Elizabeth Olympic Park Guided Tours, 11am – 12:30pm**

Theme: Day Walk and Talk

Meet at Park Information Point, Westfield Avenue Entrance, Stratford E20 1JN

Come and explore one of London's newest Parks with an expert guide, who will bring its iconic landmarks and secrets to life! Join us for a specially created walk being held twice a day, every day of London's first National Park City Week. It's been six years since the Opening Ceremony of the London 2012 Olympic Games – how has Queen Elizabeth Olympic Park changed since then, and what does the future hold?

These tours are sure to be popular so book your place today by calling the Information Point between 10am - 3pm on **02085362716** - pay by cash on the day. Maximum of 20 people. Tours cost £8 per adult, £6 concession and £3 per child (3-16). Find out more on their [website](#).

**Workshop for kids: Making Fairy Dust Pouches** 11am-1pm

Theme: Arts in Parks

Crofton Park Railway Garden, Marnock Road, SE4 1AZ

Kids will create Fairy Dust Pouches to take away with them. Children must be accompanied by parents and guardians. Join any time between 11am and 1pm (Last chance to drop in to art session at 12:30pm). Cost £3.50 per child.

Find out more on [Crofton Park Railway Garden](#) website.

**Exploring the Canons**, 11am – 12:30pm

Theme: Family fun

Meet at The Dovecote, Canons House & Landscape, Mitcham, CR4 4HD

Come along for inspiring children's activities in the stunning surrounds of the historic Canons House.

Free event, just turn up. Organised by [The Canons 'Parks for People Project'](#).

**The Challenge of Creating and Maintaining Wildlife Friendly Inner City Parks**, 11am – 12pm

Theme: Day walk & talk

Meet at Fitzrovia Neighbourhood Centre, 39 Tottenham Street, Westminster, W1T 4RX

This guided walk led by the Fitzrovia Neighbourhood Association explores two open spaces and talks about their opportunities and threats. Free event, just turn up.

More info on the [Fitzrovia Neighbourhood Association](#) website.

**Wandle Nature Walk**, 11am – 12pm

Theme: Day walk & talk

Meet at Tooting and Mitcham Community Sports Club, Imperial Fields, Bishopsford Road, Morden SM4 6BF

Discover riverside wildlife on this walk starting at Tooting and Mitcham Football Club. On to Ravensbury Park and finally Morden Hall Park. Free event, just turn up. Organised by the National Trust and Tooting and Mitcham Community Sports Club.

**Junior Explorers**, 11am – 12:30pm

Theme: Wildlife activities

Meet at New River Walk - St. Paul's Road Gate, Islington, N1 2PU

Explore the New River Walk with pond dipping, storytelling, den building, wildlife watching and nature art. Children come with an adult. Organised by Islington Council.

Book your free place at [Eventbrite](#).

**Nature Walk at Oak Hill Wood**, 11am – 1:30pm

Theme: Day walk & talk

Meet at Oak Hill Park (car park - close to café and playground), Barnet, EN4 8JP

Join the London Wildlife Trust for a guided wildlife walk through ancient Oak Hill Wood. This ten-acre nature reserve is home to lots of birdlife like the lesser spotted woodpecker, treecreeper, sparrowhawk and tawny owl. Free event, just turn up.

Find out more on the [London Wildlife Trust](#) website.

**Haggerston Park Urban Bat Workshop**, 11:30am – 1:30pm

Theme: Day walk & talk

Meet at Haggerston Park Community Orchard, Hackney, E2 8NH

Join us for a bat box building workshop in Haggerston Park. Learn about the ecological importance of this site and how we can enhance green spaces and gardens to support these amazing mammals. Find out how to join our bat monitoring programme.

Organised by Haggerston Park Community Orchard. Book your free place on email: [haggerstonparkusergroup@gmail.com](mailto:haggerstonparkusergroup@gmail.com)

<b>Afternoon events</b>
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**Friends of Millers Pond Summer Fayre, Croydon**, 12pm – 4pm

Theme: Family fun

Meet at Millers Pond, Croydon CR0 8DS

Join the [Friends of Millers Pond](#) Summer Fayre. Just turn up.

**Official Opening of Berrylands Nature Reserve**, 12pm – 4pm

Theme: Family fun

Meet at the Berrylands Nature Reserve (known as Raeburn Open Space Local Nature Reserve). It's on the field to the rear of the Berrylands Scouts Hut, Surbiton KT5 9HY.

Join in the nature-themed fun at the reopening of this recently restored reserve. There'll be loads of great activities for the family. Free event, donations welcome, just turn up.

Read more on the [Environment Trust](#) website.

**Friends of Friendly Gardens Big Picnic**, 12pm – 4pm

Theme: Wildlife activities

Meet at Friendly Gardens Park, Lewisham, SE8 4QH

Enjoy a fun, friendly afternoon out at this community event. There'll be a teddy bears picnic, BYO picnic, cake sale, plant swap, bike repairs, face painting and more. Free event, just turn up.

Email [friendsoffriendly@gmail.com](mailto:friendsoffriendly@gmail.com) to find out more.

**Elephant and Castle Community Day**, 12pm – 6pm

Theme: Look & learn

Meet at Lamlash Garden, Elephant and Castle, SE11 4SU

Explore the rich environmental, historical and creative heritage of Elephant and Castle at this community day run by Lamlash Garden Association. Free entry, just turn up.

More info on the [Castle Place](#) website.

**Storytelling Workshop for Kids: Wild about Oak**, 1pm- 2pm

Theme: Family fun

Crofton Park Railway Garden, Marnock Road, SE4 1AZ

Bring along the kids to hear the story of Grand Oak tree and its purple butterfly friend, the Favonius Quercus. Cost £3.50 per child.

Find out more on [Crofton Park Railway Garden](#) website.

**The Queen Elizabeth Olympic Park Guided Tours**, 1pm – 2:30pm

Theme: Day Walk and Talk

Meet at Park Information Point, Westfield Avenue Entrance, Stratford E20 1JN

Come and explore one of London's newest Parks with an expert guide, who will bring its iconic landmarks and secrets to life! Join us for a specially created walk being held twice a day, every day of London's first National Park City Week. It's been six years since the Opening Ceremony of the London 2012 Olympic Games – how has Queen Elizabeth Olympic Park changed since then, and what does the future hold?

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### **The Changing Face of The Tidal Thames - Erith Walk, 1pm - 5pm**

Theme: Day walk & talk

Meet at Erith Station, Bexley, DA8 1TY

Come and discover the stunning tidal Thames Estuary on this guided walk and its history from salt marsh to economic powerhouse.

Book your free place on [Thames Estuary Partnership](#) website.

### **A Sensory Journey of Food, 2pm - 3pm & 3pm-4pm**

Theme: Look & learn

Crofton Park Railway Garden, Marnock Road, SE4 1AZ

Enjoy a sensory tour with a difference – use your senses to see, smell, hear, touch and especially taste the garden. Discover how different sounds affect taste and touch. Find out which is the 'happiest fruit; and what shape is sour.

Come and experiment, have great fun and learn lots. Suitable for any age. Please ask on the day for any food allergy information.

Two workshops 2-3pm and 3-4pm. Book your place (£5) on [Eventbrite](#).

Find out more on [Crofton Park Railway Garden](#) website.

### **The City's Secret Gardens, a Guided Walk, 1:30pm – 3:30pm**

Theme: Day walk & talk

Meet at City of London Information Centre, EC4M 8BX

Join City Garden Walks for a guided trail of horticulture and heritage. Take in historic gardens and churchyards nestled amongst old and new City buildings.

£8 per person (under 15s free). Book your place and pay for this event on [City Garden Walks](#) website.

### **Walking for Health, Jubilee Country Park, Bromley, 2pm - 3pm (approx.)**

Theme: Health & fitness

Meet at Tent Peg Lane car park, off Crest View Drive, Petts Wood, Bromley BR5 1BY

A relaxed stroll around Jubilee Country Park (and sometimes beyond). Organised by the Ramblers and Macmillan Cancer Support. No booking required.

Free event, just turn up. Find out more on [Jubilee Country Park](#) website.

### **Family Woodland Fun, 2pm – 4pm**

Theme: Family fun

Meet at Barnsbury Wood, Crescent Street, Islington, N1 1BW

Enjoy a wonderful summer afternoon in the woods at London's smallest nature reserve. There'll be lots of nature themed activities for the whole family. Free event, just turn up.

Find out more on the [Islington Council](#) website.



**Exploring Hanworth Park's Hidden Past, 2pm – 5pm**

Theme: Day walk & talk

Meet at Hanworth Air Parks Leisure Centre, Feltham, Hounslow, TW13 5EG

Join the Friends of Hanworth Park House on a special tour of Hanworth Park, with the opportunity to explore the history through interactive experiences at different locations. Free event, just turn up.

Find out more on Friends of Hanworth Park House [Facebook page](#).

**Walking in the Footsteps of Mr Bowles, 2pm – 3pm**

Theme: Day walk & talk

Meet at Myddelton House Gardens, Bulls Cross, Enfield, EN2 9HG

Join a historian gardener for an informative tour highlighting the history of the remarkable Mr Bowles and his gardens. £5 per person, booking required.

Visit the [Lee Valley Leisure Trust](#) website to find out more.

**Wild Wandsworth, 2pm - 4:30pm**

Theme: Wildlife activities

Meet at Wandsworth Nature Centre, Wandsworth Common (off Dorlcote Road), SW18 3RT

Get the family out for an afternoon of adventure at Wandsworth Nature Centre. There'll be pond dipping, minibeast hunts and a nature trail. Free, booking required.

Book your free place on the [Groundwork](#) website.

**The Canons and Cricket Green Greenspace, 2:30pm – 4pm**

Theme: Day walk & talk

Starts Mitcham Junction station, CR4 4HN Ends Park Place, CR4 4HB

Enjoy a gentle stroll (3-4 miles) around Mitcham Common and the Canons All ages welcome, free - just turn up.

Organised by The Canons '[Parks for People Project](#)' & [Friends of Mitcham Common](#).

**Chi Kung in the Park/Picnic, 3pm – 5pm**

Theme: Health & fitness

Meet at Front of Dartmouth Park, N19 5JS

Enjoy a gentle form of Chinese exercise in a beautiful leafy park. For adults of all ages and fitness levels. Organised by the Friends of Dartmouth Park. Free event, just turn up.

<b>Evening events</b>
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**As You Like It in Burgess Park, 7:30pm – 9:30pm**

Theme: Arts in Parks

Meet at Burgess Park, Chumleigh Gardens, Albany Road, SE5 0PX

Enjoy the Bard in Burgess Park with this open air performance of As You Like It by the People's Theatre Company. Organised by the Friends of Burgess Park.

Tickets £7 (£5 unwaged). Book your place on [Eventbrite](#).

**Bat walk and detecting in Haggerston Park, 8:30pm – 10pm**

Theme: Evening walk & talk

Meet at Haggerston Park Community Orchard, Hackney, E2 8NH

Join us for a bat walk around Haggerston Park Community Orchard. Learn about the ecological importance of these amazing mammals. Listen to bats using detectors as they emerge at dusk. Find out how to join our bat monitoring programme.

Organised by Haggerston Park Community Orchard. Book your free place on email: [haggerstonparkusergroup@gmail.com](mailto:haggerstonparkusergroup@gmail.com)

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## SUNDAY 22 JULY

### All day events

#### **Inspirallondon DayNight Trail Relay**, 12am – 11pm

Theme: Arts in Parks

Meet at various points according to the time of night or day.

Come and experience London as a National Park City day and night at this relay walk of Inspirallondon Metropolitan Trail. Join a team of artists and inspirallers as they walk non-stop for 48 hours (which started midnight on 21 July). This is day two of this 36-section walk. There are designated points where you can pick up the trail, with walks from one mile to eight miles plus. Visit [Inspirallondon](#) to find out more. Free.

#### **BioBlitz**, 10am – 3pm

Theme: Wildlife activities

Meet at Thames Chase Forest Centre, Pike Lane, Upminster, RM14 3NS

Get the kids along to a BioBlitz on the Broadfields site. There'll be a minibeast safari, nature trail, bumblebee walk, river survey, microscope discovery, crafts, face-painting, badge-making, ID training, stalls and much more! Organised by Thames Chase. [Register for free here](#).

#### **Park City Celebration**, 11am – 9:30pm

Theme: Family fun

Meet at Netil Market, 13- 23 Westgate Street, Hackney, E8 3RL

The market will turn into a wild London celebration space – a village fete with nature at its heart. All day long, nature experts will be on hand to help you explore the pocket parks, secret gardens, canal paths and forgotten corners of this urban environment. There'll be workshops on Netil Market's roof terrace, including miniature boat building, spoon-carving and nature-crown making. You can also enjoy games, share skills, relax in a hammock and socialise in the market yard area. Free event, just turn up (except to join the Wild Walks). Find out more on the [Outdoor People](#) website.

#### **Wild Cricket in Deptford Park**, 11am – 3pm

Theme: Family fun

Meet at Deptford Park, Deptford, SE8 5AE

Join in the annual Deptford Folk 'Wild Cricket' match celebrating local legend Colin Blythe. Perfect for those who've never tried cricket before. Bring a picnic and learn to bat. A coach will support everyone (especially children). Free event, just turn up.

See [Deptford Folk](#) website to find out more.

#### **Trains and Boats and Graves (Walk)** 11am – 3pm

Theme: Day walk and talk

Meet at Highgate Tube station, by the ticket barriers, N6 5UA

Join the Ramblers for a 5.5 mile walk following Section 12 of the Capital Ring, around some of north London's less familiar green and blue spaces. Drop-out points throughout. Ends at Stoke Newington National Rail station. No need to book, just turn up.

Visit [Inner London Ramblers](#) to find out more.

**Colne Valley Festival, 11am – 4pm**

Theme: Family fun

Denham Country Park, Hillingdon, UB9 5PG

Enjoy a great family day out with live music, stalls, local food, crafts and community organisations. There'll be nature activities too including river dipping, bug hotel making and even an Eco Pod ice cream kiosk. Free entry, just turn up.

See [Colne Valley Park Facebook page](#) for more info.

**Wandle Park Garden Party, 12pm – 5pm**

Theme: Family fun

Wandle Park, Croydon, CR0 3RD

Join the Friends of Wandle Park for their annual garden party with live music, good food, stalls to browse and more. Great family day out. Free event, just turn up. Visit [Wandle Park website](#) to find out more.

**Hackney Yoruba Arts Festival, 12pm – 8pm**

Theme: Arts in Parks

Meet at Clissold Park, Hackney, N16 9HJ

Come and celebrate the vibrant arts and culture of the Yoruba. It'll be a great day out for the whole family with face painting, a playground, workshops, competitions, presentations, and more. There'll also be live music performances, African food and an arts and crafts market. Free event, just turn up.

Find out more on the [Yoruba Arts Festival](#) website.

**Lambeth Country Show, 12pm – 8pm**

Theme: Family fun

Meet at Brockwell Park, Brixton/Herne Hill, SE24 9BJ

Come to one of the biggest free family festivals in the UK. The unique line-up celebrates the best of traditional countryside shows and great music. Today is Roots Reggae day on the main stage, while the Village Green stage will showcase local musical talent. This event gets busy so come early and be prepared to queue. There'll also be a children's funfair and bouncy castle rides. Last entry is at 6.30pm on both days.

Free event, just turn up. Please note, you will be searched on entry. For more information visit the Lambeth Country Show [website](#).

**Morning events**

**SUP Eco Tour, 10 am – 12pm**

Theme: Wildlife activities

Meet at Kew Bridge, London W4 3NG

Enjoy a two-hour guided stand-up paddling tour on the Thames with a green emphasis and close encounters of the natural kind. Paid event, booking required.

[Book your place at Active360.](#)

**Rainham Harriers Social Run, 9:30am -10:30 am**

Theme: Health & fitness

Meet at Rainham Marshes nature reserve, New Tank Hill Road, Purfleet, RM19 1SZ

A weekly run in a natural environment, with birds of prey and stunning scenery. Distances range from 5km to 12km depending on demand. All abilities welcome. Free, but suggested £1 donation, booking required.

Find out more on the [RSPB Rainham Marshes](#) website.

**Family Conservation Day, 10am – 1pm**

Theme: Family fun

Meet at Stambourne Woodland Walk, Upper Norwood, Croydon, SE19 2PS

Family conservation day in beautiful Stambourne Woods, a five-acre gem! Tools provided and kids activities on offer. Free event, just turn up.

See the [Friends of Stambourne Woods Facebook](#) page for more.

**Three Peaks (Podcast) Challenge, 10am – 1pm**

Theme: Day walk & talk

Meet at Wimbledon train station, Merton, SW19 7NL

Learn all about podcasting at this interactive workshop on foot to the summits of three adjoining boroughs. Podcasters Andrew Stuck and journalist Rick Pearson will teach you interview techniques and editorial production. By the end you'll be a roving National Park City reporter, ready to apply your new skills to an end of week podcast. Bring a smartphone or digital sound / voice recorder.

Booking essential. To book your free place, visit the [Museum of Walking website](#).

**The St. Alfege Trail Walk, 10am – 1pm**

Theme: Day walk & talk

Meet at Lewisham DLR, SE13 7SN

Join a fast-paced seven-mile walk which takes you through a thousand years of history and past some stunning and varied cityscapes. Ends at Southwark Cathedral. Drop-out points throughout. No need to book, just turn up.

See [Inner London Ramblers](#) website for more.

**The Westbury, 10:30am – 1:30pm**

Theme: Look & learn

Meet at Westbury Avenue, Haringey, N22 6BS

Celebrate the first anniversary of Westbury Banks Nature Reserve. Come and learn more about nature, wildlife and making your corner of the world a little greener! Free event, just turn up.

Visit the [GrowN22 website](#) for more info.

**Banstead Woods - A Beautiful Woodland with Historic Connections adjacent to the London Borough of Croydon, 10:30am – 1pm**

Theme: Day walk & talk

Meet Banstead Woods Car Park, Banstead, CR5 3NR.

Join Croydon Ramblers for a five-mile circular walk around Banstead Woods – a beautiful woodland with historic connections. Free event, just turn up.

Visit [Croydon Ramblers](#) website to find out more.

**Tots' Tales, 10:30am – 11:30am**

Theme: Family fun

Meet by Peckham Rye Park Café, Southwark, SE15 3UA

'Story Time in the Park' is a nature-themed sensory story, using props, activities and parachute play, bubbles and lots of singing! Suitable for under-5s. Cost £5 per person with a concession of £3 for siblings.

Book your place on [Totstaes](#) website.

**Pymmes Brook Trail Walk, 10:30am – 1:30pm**

Theme: Day walk & talk

Meet at Cockfosters station, Enfield, EN4 0DZ

Join a six mile walk along The Pymmes Brook Trail, a surprisingly green route through north-east London, that links woodland, parks and open spaces. Drop-out points. Ends at Palmers Green National Rail station. No need to book, just turn up.

See [Inner London Ramblers](#) for details.

**Mindfulness in Nature - Springfield Park, 11am – 12:30pm**

Theme: Health & fitness

Meet at Meet outside the White Lodge Mansion, Springfield Park, E5 9EF

Join Mel Sutton for a mindfulness taster session in nature. Learn how to guide your thinking to experience freedom and self-awareness through yoga.

£5 per place. Book on the [Woodland Trust](#) website.

**The Queen Elizabeth Olympic Park Guided Tours, 11am – 12:30pm**

Theme: Day Walk and Talk

Meet at Park Information Point, Westfield Avenue Entrance, Stratford E20 1JN

Come and explore one of London's newest Parks with an expert guide, who will bring its iconic landmarks and secrets to life! Join us for a specially created walk being held twice a day, every day of London's first National Park City Week. It's been six years since the Opening Ceremony of the London 2012 Olympic Games – how has Queen Elizabeth Olympic Park changed since then, and what does the future hold?

These tours are sure to be popular so book your place today by calling the Information Point between 10am - 3pm on **02085362716** - pay by cash on the day. Maximum of 20 people. Tours cost £8 per adult, £6 concession and £3 per child (3-16). Find out more on their [website](#).

**Living Waterway, 11:15am – 1:15pm**

Theme: Wildlife activities

Meet: Bike park on Regent's Canal towpath, east of the Whitmore Road bridge, Hackney, N1 5SB

Get on board a narrow boat and see how the Regent's Canal is being transformed into a nature reserve. Enjoy the wildlife along the along the towpath and learn about the native species being planted.

Booking essential via [Eventbrite](#).

<b>Afternoon events</b>
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**Music in the Park, 12pm onwards**

Theme: Family fun

Harrow Weald Recreation Ground, Harrow, HA3 6HW

Enjoy live bands and a DJ, bring your own picnic and chill out in a festival atmosphere. Lots of stalls, face painting and much more!

Free entry, just turn up. Find out more on the [Friends of Harrow Weald website](#).

**Beam Engine 130th Anniversary Year - Beam Engine & Museum Steaming Day, 12:30pm – 4:15pm**

Theme: Look & learn

Meet at Markfield Park, Tottenham, N15 6UL

Come along to the Beam Engine 130th Anniversary Year – Beam Engine and Museum Steaming Day Sunday Engine Steaming times: 12:30pm to 1:15pm, 2pm to 2:45pm, 3:30 pm to 4.15pm.

Free event, no booking required. Find out more on [Friends of Markfield Park website](#).

**The Queen Elizabeth Olympic Park Guided Tours, 1pm – 2:30pm**

Theme: Day Walk and Talk

Meet at Park Information Point, Westfield Avenue Entrance, Stratford E20 1JN

Come and explore one of London's newest Parks with an expert guide, who will bring its iconic landmarks and secrets to life! Join us for a specially created walk being held twice a day, every day of London's first National Park City Week. It's been six years since the Opening Ceremony of the London 2012 Olympic Games – how has Queen Elizabeth Olympic Park changed since then, and what does the future hold?

These tours are sure to be popular so book your place today by calling the Information Point between 10am - 3pm on **02085362716** - pay by cash on the day. Maximum of 20 people. Tours cost £8 per adult, £6 concession and £3 per child (3-16). Find out more on their [website](#).

**Art in Park, Downhills Park, Haringey, 1pm – 5pm**

Theme: Arts in Parks

Meet at the area of Downhills Park next to the café and the tennis courts, Haringey, N17 6PR

Come and enjoy a range of arts and crafts activities in the beautiful surrounds of Downhills Park, next to the café and the tennis courts. All ages welcome. Free event, just turn up. To find out more, [download the poster](#). Organised by the Friends of Downhills Park.

**Community Picnic and Music with the Friends of Bruce Castle Park, 1pm – 5pm**

Theme: Family fun

Meet at Bruce Castle Park, Haringey N17 8NU

Come with family and food for a community picnic and enjoy the beautiful backdrop of the ancient oak tree with music. Organised by the Friends of Bruce Castle Park. Free, just turn up.

See [Friends of Bruce Castle Park](#) for details.

**A Garden Foray East, a Guided Walk in the City of London, 1:30pm – 3:30 pm**

Theme: Day walk & talk

Meet at City of London Information Centre, EC4M 8BX

Join a guided walk heading east from St Paul's Cathedral. Take in little-known gardens and the riverside with lots of places of interest and historic and modern architecture.

Tickets £8 (under 15s free). Book your place on [City Garden Walks](#) website.

**Butterfly Walk at Sydenham Hill Wood, 2pm – 3:30pm**

Theme: Day walk & talk

Meet inside the Crescent Wood Road gate at the London Wildlife Trust noticeboard, Sydenham Hill Wood, Southwark, SE26 6LS

Join London Wildlife Trust for a guided walk looking at the range of butterflies and birds that can be found in this ancient woodland.

Book your free place on [London Wildlife Trust](#) website.

**Soaking up the hidden Effra! 2pm – 3pm**

Theme: Look & learn

Meet at Osborne Close, Herne Hill, SE24 0HB

Join the London Wildlife Trust to find out about the hidden River Effra and how it's used today to reduce flood risk and make homes for wildlife. Help tidy up and prune! Free event, just turn up.

Visit [London Wildlife Trust](#) website to find out more.

**Victoria Park Bandstand Season - Ukelele Ska Collective, 2pm onwards.**

Theme: Arts in Parks

Meet at Victoria Park Bandstand, Victoria Park, Bow E3 5TB

Come along for the great outdoors and sounds of The Ukulele Ska Collective United Colours Of Comedy.

Free event. Just turn up.

Find out more on [Victoria Park Friends Group](#) website.

**Hackney Marshes Discovery Walk, 2pm – 3:30pm**

Theme: Day walk & talk

Meet at Hackney Marshes Centre, Hackney Marsh, Homerton Road, Hackney, E9 5PF

Come along for a walk in East London's famous Hackney Marshes. Wander through time through the woods, hearing about highwayman legends, industrial firsts and biodiversity. Free tea and coffee at the end. Please complete an outdoor questionnaire first. Arrive five mins early and bring water.

Book your place via [Eventbrite](#), email [surbjit.mahey@hackney.gov.uk](mailto:surbjit.mahey@hackney.gov.uk) or call 020 8356 7459.

**Clissold Park Picnic and Park Founder Commemoration, 2pm - 4pm**

Theme: Family fun

Meet at Clissold Park, dog free area opposite the playground, Hackney, N16 9HJ

The Clissold Park User Group invite you to a picnic. Bring some sandwiches and maybe even cake. Come and meet local historian Amir Dotan, who is campaigning to commemorate the park's creator Joseph Beck.

Please register via [Eventbrite](#)

**Greenwich Park Bandstand Concerts, 2pm – 5pm**

Theme: Arts in Parks

Meet at Greenwich Park bandstand, SE10 8XH

Come along for these hugely popular free concerts at the Bandstand (every Sunday from 24 June to 26 August) and enjoy the sounds of the Lewisham concert band. Free event, just turn up. See the [Friends of Greenwich Park](#) for more.

**Music in the Park, 2:30pm – 5pm**

Theme: Family fun

Meet at Alexandra Recreation Ground, Penge, SE26 5ND

Bring a picnic for the family and enjoy the sounds of the Beckenham Brass Band. There's also a cake and refreshment stall and raffle run by the Friends committee.

Free event, just turn up.

**Summer Music in the Park at Regent's Park Bandstand, 3pm – 5pm**

Theme: Arts in Parks

Meet at Regent's Park Bandstand NW1 4NT

Enjoy the outdoors and the summer sounds of the South London Jazz Orchestra at Regent's Park Bandstand. Free event, just turn up.

**HARTGGERSTON for the canal, 5pm – 7pm**

Theme: Arts in the Parks

Meet at The Bargehouse, N1 5RY

Come join us at "hARTggerston for the canal", a community art exhibition in Haggerston where proceeds from the sale of art work will support the regeneration of a wilder and greener canal. Enjoy live performances including a day-time DJ surrounded by art with a view of the canal.

Organised by hARTggerston, a social enterprise with the purpose of raising funds and enriching the local community and area's natural beauty. Find out more on their [facebook](#) page.

# MONDAY 23 JULY

## Morning events

### **Tots' Tales Story Time in the Park, 10am – 10:30am**

Theme: Family fun

Meet on the lawn outside Mother Kitty's Cafe, Rickman Hill Recreation Ground, Croydon CR5 3DU

Bring the kids for 'Story Time in the Park' - a nature-themed sensory story, using props, activities and parachute play, bubbles and lots of singing! Suitable for under-5s.

Book on [TotsTales](#) website. Siblings get a discount.

### **Morning Circular - A Green Walk through Three Coulsdon Commons with some Local History, 10am – 1pm**

Theme: Day walk & talk

Meet at The Fox Public House, Coulsdon Common, CR3 5QS

Join the Croydon Ramblers for a five-mile green walk with some local history.. Free event, just turn up

Visit [Croydon Ramblers](#) for more info.

### **Volunteer day at Thornet Wood, Bromley, 10am – 1pm**

Theme: Wildlife activities

Meet at Thornet Wood, Bromley, BR5 1BL

Join volunteers who meet every Monday to manage the park grounds under the guidance of Andrew Harby, Local Community Manager for Bromley Council. Come and cut and clear wood along an accessible path. Just turn up.

See the [Friends of Jubilee Country Park website](#) to find out more.

### **Smell & Touch Sensory Safari - Geraldine Mary Harmsworth Gardens, 10am – 11:30am**

Theme: Wildlife activities

Meet under the guns in front of Imperial War Museum, Geraldine Mary Harmsworth Gardens, SE1 6HZ

A 90-minute workshop-on-foot for all the family. Discover how to use your senses to discern and capture the scents and smells of urban nature and green spaces. Organised by the [Museum of Walking](#).

Booking is essential. Book your free place on [the Museum of Walking website](#).

### **History Walk along the River Crane, 10:45am – 2pm**

Theme: Wildlife activities

Meet at the entrance to Pevensey Road Nature Reserve, Hanworth, Hounslow, TW13 5JH

Join a fun morning with the Conservation Volunteers to learn about the River Crane, its history and how local people are working to conserve it. Free event, just turn up.

Find out more on [Pevensey Road Green Gym website](#).

### **The Queen Elizabeth Olympic Park Guided Tours, 11am – 12:30pm**

Theme: Day Walk and Talk

Meet at Park Information Point, Westfield Avenue Entrance, Stratford E20 1JN

Come and explore one of London's newest Parks with an expert guide, who will bring its iconic landmarks and secrets to life! Join us for a specially created walk being held twice a day, every day of London's first National Park City Week. It's been six years since the Opening Ceremony of the London 2012 Olympic Games – how has Queen Elizabeth Olympic Park changed since then, and what does the future hold?

These tours are sure to be popular so book your place today by calling the Information Point between 10am - 3pm on **02085362716** - pay by cash on the day. Maximum of 20 people. Tours cost £8 per adult, £6 concession and £3 per child (3-16). Find out more on their [website](#).



**Sunnyside Green Gym**, 11am – 2pm

Theme: Wildlife activities meet at Sunnyside Community Garden office, Hazelville Rd, Islington, N19 3LX

Get fit and enhance the beauty and wildlife of Sunnyside Community Garden. Free event, booking required. No experience necessary! Organised by TCV.

Free but please register on the [TCV website](#).

**Northern Heights Walk**, 11am – 3:30 pm

Theme: Day walk & talk

Meet at Cockfosters Tube Station, Enfield, EN4 0DZ

Join the Ramblers for a five-mile walk through green spaces including Beech Hill Park, Hadley Woods and the Dollis Valley. Drop off points throughout. Ends at Totteridge & Whetstone tube station. Free, just turn up.

See the [Inner London Ramblers website](#) for more info.

**Afternoon events**

**Free Summer Community Basket Ball Coaching**, 12pm – 2pm

Theme: Health & fitness

Harrow Recreation Ground, Cunnington Park, Harrow, HA1 1NS

Get outdoors and improve your game with Ball Out Community Coaching sessions. Open to players of all abilities, aged 10-18. Just sign up and get your parent/guardian consent. All sessions are drop in.

Find out more the [Ball Out website](#).

**#Better Air Sensory Connections**, 12:30 – 2pm

Theme: Day walk & talk

Outside gates of refectory courtyard, Southwark Cathedral, SE1 9DA

Join a curated lunch time 'walk-shop' along Bankside and London Bridge with the [Museum of Walking](#). Record and discover hidden and peaceful ways through photography, drawing and poetry.

Find out more on the [Museum of Walking website](#).

To book simply RSVP Email: [info@betterbankside.co.uk](mailto:info@betterbankside.co.uk)

**The Queen Elizabeth Olympic Park Guided Tours**, 1pm – 2:30pm

Theme: Day Walk and Talk

Meet at Park Information Point, Westfield Avenue Entrance, Stratford E20 1JN

Come and explore one of London's newest Parks with an expert guide, who will bring its iconic landmarks and secrets to life! Join us for a specially created walk being held twice a day, every day of London's first National Park City Week. It's been six years since the Opening Ceremony of the London 2012 Olympic Games – how has Queen Elizabeth Olympic Park changed since then, and what does the future hold?

These tours are sure to be popular so book your place today by calling the Information Point between 10am - 3pm on **02085362716** - pay by cash on the day. Maximum of 20 people. Tours cost £8 per adult, £6 concession and £3 per child (3-16). Find out more on their [website](#).

**Three East London Parks Walk**, 1pm – 4pm

Theme: Day walk & talk

Meet at Barking Underground / Mainline station, Barking, IG11 8TU

Join the Ramblers for a six-mile stroll through three lesser known London parks with attractive lakes and avenues of plane trees. Drop out points throughout. Ends at Gants Hill tube station. Free event, just turn up.

See [Inner London Ramblers website](#) for more info.

### **Historic Views and Trees Ranger-led Walk, 1pm – 3pm**

Theme: Day walk & talk

Osterley Park and House stables courtyard, Hounslow, TW7 4RB

Come along for a two-hour 3.5k guided tour of the recently restored historic vistas of Osterley House and enjoy some notable trees on the estate. Please wear suitable footwear as the walk will go ahead in all weathers. The walk is free but doesn't include admission to house and gardens.

More info on the [National Trust](#) website.

## **Evening events**

### **Sunset Social Gardening, 6pm – 9pm**

Theme: Wildlife activities

Meet at Edible Yard, St Luke's Community Centre, 90 Central Street, EC1V 8AJ

Enjoy the summer evening and boost your wellbeing with some relaxed twilight gardening. It's a great opportunity to chill after a working day and meet new people. Herbal cocktails and nibbles provided. Free event, booking required. Organised by St Luke's Community Centre

For more info and to book, email: [marco@slpt.org.uk](mailto:marco@slpt.org.uk)

### **Yeading Brook Meadows Wildflower Walk, 6pm – 8:30pm**

Theme: Evening walk & talk

Yeading Brook Meadows/ Junction of Kingshill Avenue and Attlee Road Hayes, Hillingdon, UB4 9JB

Be amazed by London Wildlife Trust's largest grassland reserve which has a huge variety of wildflowers, grasses and trees. Free event, just turn up.

See the [London Wildlife Trust](#) website for more detail.

### **Mindfulness in Nature - Geraldine Mary Harmsworth Gardens, 6:15pm - 7:45pm**

Theme: Health & fitness

Meet beneath the guns in Geraldine Mary Harmsworth Gardens London (nearest Tube Elephant & Castle) SE1 6HZ

Join Mel Sutton for a mindfulness taster session in nature. Learn how to guide your thinking to experience freedom and self-awareness through yoga.

£5 per place. Book on the [Woodland Trust](#) website.

### **From Hackney to the Thames, 6:30pm – 9:30pm**

Theme: Evening walk & talk

Meet at Hackney Wick Station, E9 5ER

Come along for an evening stroll along the Lea Valley Walk to the Thames, returning from Limehouse Station. Around 4.75 miles. There'll also be a chance to have a drink at The Grapes, Ian McKellen's riverside pub afterwards. Free event, just turn up.

See [West Essex Ramblers](#) website for more info.

### **Let's Get Lost Mile End Walk, 7pm – 9pm**

Theme: Evening walk & talk

Meet at Mile End Tube, Tower Hamlets, E3 4PH

Join the Ramblers for a three-mile walk after work through Tower Hamlets Cemetery Park and Mile End Park, including the Regents Canal. Ends at Mile End tube station. Download the Let's Get Lost [app](#) for soundscapes. Free, just turn up.

Visit [Inner London Ramblers](#) website to find out more.

# TUESDAY 24 JULY

## All day events

### **Abney Unearthed volunteering**, 10am – 2pm

Theme: Look & learn

Meet at South Lodge by the Stoke Newington High Street Gates 9:30am for a cup of tea, N16 0LH

Come and remap, research and rediscover the 200,000 (approx.) people buried in Abney Park. Or join the research team from your office or at home. Don't come if it's raining! Organised by Hackney Council.

To find out more, email: [volunteering@abneypark.org](mailto:volunteering@abneypark.org), or call 020 7275 7557 or visit [Abney Park website](#).

### **Friends of Parkland Walk Conservation Day**, 10am – 3pm

Theme: Wildlife activities

Meet at Wildlife Trail, Highgate end of the walk, N4 3EY

Join in fun conservation activities on the group's regular second Saturday session. All help appreciated. Just turn up. Free event, no booking required. Find out more on the [Friends of Parkland Walk website](#).

### **Circular Walk – Three Lovely Woods – Kingswood, Great Park Wood and Henley Wood**, 10:30am – 3pm

Theme: Day walk & talk

Sanderstead Pond, South Croydon CR2 8RE

Join the Ramblers for a circular seven-mile walk through three lovely woods – Kingswood, Great Park Wood and Henley Wood. Bring a picnic. Free event, just turn up.

See [Croydon Ramblers website](#) for more info.

### **Gunnersbury Triangle Practical Conservation Workday**, 10:30 am – 3:30pm

Theme: Wildlife activities

Meet by entrance to Gunnersbury Triangle Nature Reserve, London W4 5LW

Join the London Wildlife Trust for a volunteer practical conservation work day to help improve the reserve. Free event, just turn up

Find out more on LWT's [Gunnersbury Triangle volunteering website](#).

### **Walking Exploration of Hampstead Heath and its Environs**, 10:30am – 4:30pm

Theme: Day walk & talk

Meet at Golders Green Station, London NW11 7RN

Join the Ramblers for an 11-mile brisk-paced circular walk around Hampstead Heath taking in Sandy Heath, Kenwood, Cohen's Fields, Pond Square, and Parliament Hill. Ends at Golders Green Tube. Many drop-out points. Free event, just turn up.

See [Inner London Ramblers website](#) for more detail.

## Morning events

### **Innovative green spaces on housing estates: walking tour**, 9am – 11am

Theme: Day walk & talk

Meet at Queen Caroline St, Hammersmith, London, W6 9PJ

Join us for a breakfast morning walk and talk aimed at housing Professionals. Find out about some of the unique improvements being made on a housing estate in Hammersmith in consultation with the community through the Housing Estate Improvement Programme. See examples of the sustainable urban drainage systems installed through Groundwork London's hugely successful LIFE Climate Proofing Urban Landscapes project.

Book your free place on the [Groundwork](#) website.

**Survival Skills with the Forest Knights**, 10am – 1pm

Theme: Family fun

Meet at Lloyd Park, stables building next to tennis courts, Walthamstow, E17 4PP

A fun day out for the family at Lloyd Park. Come and learn survival tips and bush craft skills from fire starting to bow making. Free event, just turn up. Organised by the Conservation Volunteers.

See the [Lloyd Park events leaflet](#) for more info.

**Pollards Hill Wildlife Watch**, 10:30am – 2pm

Theme: Look & learn

Meet at New Horizon Centre, CR4 1LT

Join in activities to discover the wildlife on your doorstep and learn more about the green spaces of Pollards Hill. Free event, just turn up.

**Wildlife Data Challenge**, 10:30am – 12:30pm

Theme: Wildlife activities

Thames Chase Forest Centre, Pike Lane, Upminster, RM14 3NS.

Get the kids inspired with nature and bring them along to help gather data for the Bioblitz project.

For more information visit [Thames Chase](#) website.

**Tots' Tales**, 10:30am -11:30am

Theme: Family fun

Meet by the Crystal palace playground, SE19 2GA

'Story Time in the Park' is a nature-themed sensory tale, using props, activities and parachute play, bubbles and lots of singing! Suitable for under-5s.

Book your place and pay on the [Tots' Tales](#) website. Discount for siblings.

**Story Stompers Special Session 1 - London National Park City Week**, 10:30am – 12pm

Theme: Arts in Parks

Meet at Brockwell Park Community Greenhouses, Brockwell Park, SE24 0PA

Bring along the kids for a specially extended Story Stompers session inspired by the story 'Shark in the Park' by Nick Sharratt. We'll explore what is living or growing in our garden, pond and woodland.

Book and pay for your place on [Brockwell Greenhouses](#) website.

**The Queen Elizabeth Olympic Park Guided Tours**, 11am – 12:30pm

Theme: Day walk and talk

Meet at Park Information Point, Westfield Avenue Entrance, Stratford E20 1JN

Come and explore one of London's newest Parks with an expert guide, who will bring its iconic landmarks and secrets to life! Join us for a specially created walk being held twice a day, every day of London's first National Park City Week. It's been six years since the Opening Ceremony of the London 2012 Olympic Games – how has Queen Elizabeth Olympic Park changed since then, and what does the future hold?

These tours are sure to be popular so book your place today by calling the Information Point between 10am - 3pm on **02085362716** - pay by cash on the day. Maximum of 20 people. Tours cost £8 per adult, £6 concession and £3 per child (3-16). Find out more on their [website](#).

### **Morden Park and Morden Hall Park Walk, 11am – 2:45pm**

Theme: Day walk & talk

Meet at Motspur Park station, KT3 6JJ

Join the Ramblers for a 5.5 mile gentle walk on paths in parks and along the River Wandle to Wimbledon. Drop-out points throughout the walk. Ends at Wimbledon BR station. Free, just turn up.

Visit [Inner London Ramblers website](#) to find out more.

### **Hounslow Heath Green Gym Tuesday Workout, 10:45am – 2pm**

Theme: Health & fitness

Hounslow Heath Visitor Center, TW4 5AB

Come along to Hounslow Heath Green Gym (HHGG), a fantastic way to keep active, meet new people, learn practical skills and spend time outdoors. You also give something back to the community. Join us every Tuesday where we meet to improve the habitats of the Heath and the health and wellbeing of local people through conservation. Find out more on the [Hounslow Heath Green Gym website](#).

### **Friends of Littleheath Woods weekly Tuesday morning working party**

Theme: Wildlife activities

Meet at Littleheath Woods, Croydon, CR2 8EL

Come and help the weekly working party maintain the woods. Free event, just turn up.

Find out more details nearer the date on [Friends of Littleheath Woods website](#).

## **Afternoon events**

### **Historic Views and trees Ranger-led walk, 1pm – 3pm**

Theme: Day walk & talk

Osterley Park and House stables courtyard, TW7 4RB

Enjoy a two-hour 3.5km guided tour exploring the recently restored historic vistas of Osterley House and see some notable trees on the estate. Please wear suitable footwear. Walk will go ahead in all weathers.

Visit the [National Trust website](#) to find out more.

### **The Queen Elizabeth Olympic Park Guided Tours, 1pm – 2:30pm**

Theme: Day Walk and Talk

Meet at Park Information Point, Westfield Avenue Entrance, Stratford E20 1JN

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### **Story Stompers Special Session 2 - London National Park City Week, 1:30pm – 3pm**

Theme: Arts in Parks

Meet at Brockwell Park Community Greenhouses, Brockwell Park, SE24 0PA

Bring along the kids for a specially extended Story Stompers session inspired by the story 'Shark in the Park' by Nick Sharratt. Discover what's living or growing in our garden, pond and woodland.

Book and pay for your place on the [Brockwell Greenhouses website](#).

**The Trees of Barnsbury wood, 2:30pm – 3:30pm**

Theme: Day walk & talk

Meet at Crescent street, N1 1BW

Join a guided walk around London's smallest nature reserve discovering both ancient and young trees. Suitable for adults and older children. Free event, just turn up.

Find out more the [Islington Council](#) website.

**Guided Tour of the Formal Gardens and Visitor Centre at Beckenham Place Park, 4pm – 6pm**

Theme: Day walk & talk

Meet outside the Mansion (by the car park), Beckenham Place Park, BR3 1SY

Come and visit beautiful Beckenham Place park - learn about the history and Mansion enjoy a short (up to one hour) guided walk. Free but booking required. Organised by Lewisham Council.

Register now on [Eventbrite](#).

**Free Summer Community Basket Ball Coaching, 12pm – 2pm**

Theme: Health & fitness

Harrow Recreation Ground, Cunnington Park, HA1 1NS

Get outdoors and improve your game with Ball Out Community Coaching sessions. Open to players of all abilities, 10-18 years old. Just sign up and get your parent/guardian consent. All sessions are drop in.

Find out more on [Ball out](#) website.

**Clissold Park lunchtime health walk, 1pm – 2pm**

Theme: Health & fitness

Meet outside Clissold House in Clissold Park (off Stoke Newington Church Street/ Green Lanes), N16 9HJ

Get healthier on this Hackney Council led walk. It's a great way to socialise, enjoy the park and get healthy. For all abilities. You must complete an outdoor questionnaire first. Varies in difficulty.

Email walks coordinator: [surbjit.mahey@hackney.gov.uk](mailto:surbjit.mahey@hackney.gov.uk) who'll make sure you're met by the walk leader o the day. Find out more on the [Hackney: Walking Together](#) website.

**Stroke/mobility walk at Clissold Park, 1pm - 1:45pm**

Theme: Health & fitness

Clissold Park, N16 9HJ

A free walk for Hackney residents who are recovering from, or at risk from, stroke or TIA and people with mobility issues.

To book your place, call: 020 8356 5285/4897 or email: [helen.mcginley@hackney.gov.uk](mailto:helen.mcginley@hackney.gov.uk). We'll register you or ask you to complete an application form and give to your instructor before the walk starts. Places are awarded on a first come, first served basis

Find out more on [Hackney's after stroke programme](#) website.

**Explore the Wild West End Garden, 3pm - 5pm**

Theme: Look & learn

Meet at Old Quebec Street, W1H 7AF

Meet those behind the Wild West End Garden. This new public space for people to enjoy was designed by Kate Gould, Gold winner at RHS Chelsea Flower Show 2018.

Find out more on the [Wild West End](#) website.

### **Camden Highline Walking Tours** 4:30pm – 5:30pm

Theme: Day walk & talk

Meets at Camden Collective, 5-7 Buck Street, London, NW1 8NJ

Talk to the team behind the Camden Highline! Hear the latest progress and see the model with Project Manager Adam Richards. Tours start Camden Collective and ends on Camley Street. Please enter via the external gates by ringing the 'Collective Hub' buzzer.

Please wear comfy shoes and bring an umbrella if it is raining. Tours will go ahead whatever the weather.

Book your free place on [Eventbrite](#).

## **Evening events**

### **#Better Air Tranquil Walks**, 6pm – 7:30pm

Theme: Evening walk & talk

Outside gates of refectory courtyard, Southwark Cathedral, SE1 9DA

Join a curated 'walk-shop' along Bankside and London Bridge with the Museum of Walking. Record and discover hidden and peaceful ways through analysing the acoustic surroundings.

Find out more on the [Museum of Walking website](#).

To book simply RSVP Email: [info@betterbankside.co.uk](mailto:info@betterbankside.co.uk)

### **South London Botanical Institute Open Evening**, 6-8pm

Theme: Look & learn

Meet at The South London Botanical Institute (SLBI) 323 Norwood Road, SE24 9AQ.

Come and enjoy the beautiful garden with a glass of wine on a summer evening with your friends as part of National Park City Week. All welcome. Donations appreciated. No booking necessary.

For more information visit the SLBI [website](#).

### **Walking Our Green Mile**, 6pm - 8pm

Theme: Evening walk & talk

Meet at West Croydon station (London Road entrance), CR0 2TA

Meet Croydon Community groups for a guided two-mile walk to show how green spaces are being created and how local people are bringing new life to the park. Walk ends at Thornton Heath station.

Book your free place on [Eventbrite](#).

### **East Walworth Green Links Summer Walk**, 6pm – 8pm

Theme: Evening walk & talk

Meet at Elephant Park, Elephant Road, SE17 1LB

Come along for a Green Links walk from Elephant Park to Burgess Park exploring the nature and history of these green spaces in Walworth. Meet designers and community gardeners.

Book your free place on the [Elephant Park website](#).

### **Walk and Talk About Healthy Living - Regent's Park**, 6 - 8pm

Theme: Evening walk & talk

Meet at Benugo Espresso Bar, Chester Road, Regent's Park Broad Walk, NW1 4NU

Free early evening walk-and-talk about healthy living in Regent's Park. Round trip takes about 1.5 hrs, returning to the Espresso Bar for a coffee and chat. Dog and wheelchair friendly. All welcome.

To book your place text Wendy on 07957438666 or visit her [Twitter page](#).

### **Deptford Evening Walk, 6:30pm - 9pm**

Theme: Day walk & talk

Meet at New Cross station, SE14 6AR

Join the Ramblers for a five-mile after-work walk around Deptford, including Fordham and Deptford parks, the riverside, the creek and magnificent St Paul's church. Ends at New Cross Gate station. Drop out points throughout. Free event, just turn up.

Visit [Inner London Ramblers](#) website to find out more.

### **Deptford Folk Meeting, 7:30pm – 9pm**

Theme: Look & learn

Festa Sul Prato, Folkestone Gardens, SE8 5JE

Join Deptford Folk to learn more about what's happening in North Deptford's parks and green spaces and get involved. Free event, just turn up.

Find out more on the [Deptford Folk](#) website.

### **Hackney GoodGym Group Run, 6:45pm - 7:15pm**

Theme: Health & fitness

Meet at E5 Bakehouse, 395 Mentmore Terrace, London, E8 3PH

Boost your health and support your neighbourhood - come for a run with Hackney GoodGym, a community of runners that combine getting fit with doing good. It's a great way to get fit, meet new people and do some good. Everyone's welcome.

To take part, sign up at: [GoodGym](#) and find out more about [Hackney GoodGym](#).

### **Summer Evening Social in Folkestone Gardens**

Theme: Wildcard

Meet at Folkestone Gardens, Lewisham, SE8 5JA

Come along for a summer evening social in Folkestone Gardens. Free event, just turn up.

Find out more details nearer the date on the [Deptford Folk](#) website.

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## **WEDNESDAY 25 JULY**

<b>All day events</b>
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### **Summer Holiday Family Fun at Rainham Marshes, 9:30am – 5pm**

Theme: Family fun

Rainham Marshes nature reserve, New Tank Hill Road, Purfleet, Essex, RM19 1SZ

Get active in nature with the family. Pick up an adventure trail sheet and explore the reserve with your family. Play in the adventure playground, clamber on the climbing boulders, hire a bike for your own cycle adventure, and stop off in the cafe for lunch!

For more details and full times please see the [RSPB](#) website.

### **Scything, 10:30am – 4pm**

Theme: Wildlife activities

Meet at Crane Park at the Mill Road entrance, TW2 5HA

It's time to scythe! Learn an ancient tradition commonly used for maintaining grassland and improve the biodiversity of Crane Park. Join in, feel good with @RichmondTCV!

Find out more about [Richmond Biodiversity Action Team](#)



**Hayes (Kent) to East Croydon Walk, 10:50am – 3pm**

Theme: Day walk & talk

Meet at Hayes (Kent) station, BR2 7EN

Join the Ramblers for a seven-mile walk through some of south London's parks and woodland including Spring Park, Threehalfpenny Wood and Addington Hills. Free event, just turn up.

See the [Inner London Ramblers](#) website for more info.

**Woodberry Wetlands Wild About Nature, 11am – 3pm**

Theme: Wildlife activities

Meet at Woodberry Wetlands/Woodland Trail, N16 5HQ

Join us for a fun-filled woodland adventure hunt at Woodberry Wetlands! This stunning nature reserve opened in 2016 and is an amazing place to enjoy nature and wildlife in the heart of London. We will be exploring the woodland trail, searching for the special clues and signs that tell us about London's secret wildlife world! Will you be able to find them all?

Free event, just turn up. Visit the [London Wildlife Trust](#) to find out more.

**Wildlife Detectives in Bushy Park, 11am – 3pm**

Theme: Wildlife activities

Meet near the Pheasantry Cafe, Bushy Park, TW11 0EW

Be a wildlife detective at Bushy Park. It's a protected site for its minibeasts but we know relatively little about them. Learn why it's these little things that matter the most and take part in a range of citizen science activities including insect hunts, investigations and Earthworm Watch surveys. All ages welcome, this event will go ahead whatever the weather!

Free, just turn up. To find out more visit the [Field Studies Council](#) website.

**Wild in the City, 11am – 4pm**

Theme: Wildlife activities

Meet at Greenwich Peninsula Ecology Park, SE10 0QZ

Dip into a wild and wonderful free event celebrating summer in the beautiful Ecology Park. Discover the secret world of minibeasts with guided pond dipping and bug hunting sessions from 11am to 3pm. You can also pick up some top tips from professional wildlife photographer, Iain Green, who'll be leading beginner's sessions every hour from 12pm to 4pm. Free event, just turn up.

More information on Greenwich Peninsula [Conservation Volunteers](#) website.

**Bug Wednesday at Gunnersbury Triangle, 11am – 4pm**

Theme: Wildlife activities

Meet by entrance to Gunnersbury Triangle Nature Reserve W4 5LW

Leeches, worms, spiders and insects get up-close and personal at Gunnersbury Triangle Nature reserve:

11am - 11.45am pond dipping

12pm - 12.45pm minibeast hunting

2pm - 2:45pm pond dipping

3pm - 3.45pm minibeast hunting

See, catch and help us identify some of the smaller wildlife at Gunnersbury Triangle. Finds from the day will be noted for site records.

Book your free place on the [Wildlife Trust](#) website.

**Friends of Foxley Wood Volunteer Day**

Theme: Wildlife activities

Meet at Foxley Wood, Croydon CR8 2UD

Join the volunteer workday at Foxley Wood. Just turn up.

Find out more details nearer the date on the [Friends of Foxley Wood](#) website.

**Millwall Park Summer Fun Day**, 11am – 4pm

Theme: Family fun

Meet at Millwall Park, North, E14 3AY

Join Tower Hamlets Council for a free day summer fun at Millwall Park. There'll be fairground rides, sports activities, arts and crafts, and more with something for all the family to enjoy. Free event, just turn up.

<b>Morning events</b>
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**#Better Air Tranquil Walks**, 8am – 9:30am

Theme: Day walk & talk

Outside gates of refectory courtyard, Southwark Cathedral, SE1 9DA.

Join a curated 'walk-shop' along Bankside and London Bridge with the Museum of Walking. Record and discover hidden and peaceful ways through your senses of smell and touch.

Find out more on the [Museum of Walking](#) website.

To book simply RSVP Email: [info@betterbankside.co.uk](mailto:info@betterbankside.co.uk)

**Cheney Row Open Space Bio Blitz**, 10am – 1pm

Theme: Wildlife activities

Meet at Cheney Row Open Space, E17 5ED

Discover, identify and record wildlife and plants on this open space with crafts on offer too. Free event, just turn up.

More information on the [TCV](#) website.

**Butterfly Walk along the River Crane**, 10:30 – 12pm

Theme: Wildlife activities

Meet at Mereway Nature Park off Mereway Road, by Kneller Gardens, Twickenham, TW2 6RG

Come and join in the Big Butterfly Count at this fun morning beside the River Crane.

Register your free place on the [FORCE](#) website.

**Morning Circular Walk – Littleheath Woods, Heathfield, Coombe Gardens and Croham Hurst**, 10:30am – 1pm

Theme: Day walk & talk

Meet at Sainsbury's Selsdon superstore, 130 Addington Road, South Croydon, CR2 8LA

Join the Ramblers for a morning circular six-mile walk. Take in Littleheath Woods, Heathfield and Coombe Gardens (coffee stop). Walk ends at Croham Hurst to return by bus. Free event, just turn up.

Visit the [Croydon Ramblers](#) to find out more.

**Brockley Three Peaks Walk**, 10:30am – 1.30pm

Theme: Day walk & talk

Meet at Honor Oak station, SE23 3LE

Join the Ramblers for a five-mile walk over One Tree Hill, Hilly Fields, Blyth Hill Fields and through Ladywell Fields along the Ravensbourne Valley. Free event, just turn up.

Visit [Inner London Ramblers](#) website for more info.

**Butterfly Walk Along the River Crane, Hounslow, 10am – 12pm**

Theme: Wildlife activities

Meet at Mereway Nature Park off Mereway Road beside Kneller Gardens, TW2 6RG

Come and meet the butterflies that live alongside the River Crane. Free but register on [FORCE](#) website.

**Wildlife Data Challenge, 10:30am – 12:30pm**

Theme: Wildlife activities

Meet at Forest Centre RM14 3NS

Get the kids active and inspired by nature and collect data for the Bioblitz project.

For more information visit [Thames Chase](#) website.

**Hogsmill Dragonfly walk along the River, 10:40am – 2pm**

Theme: Day walk & talk

Meet Berrylands Scout Group. Walk along Berryland Nature Reserve and Elmbridge Meadows, KT5 9HY  
Join a guided walk along the Surbiton stream and River Hogsmill to spot some beautiful dragonflies and damselflies. Elliot Newton from the Environment Trust will speak about the stream's recent restoration, David Courtneidge from London Wildlife Trust will talk about dragonflies.

Free but book first via [Wildlife Trust](#) website.

**Butterfly Walk, 10:45am – 2pm**

Theme: Wildlife activities

Meet outside Kneller Gardens Café, TW2 6PH

A fun morning learning about butterflies and taking part in the Big Butterfly Count. Its free, fun and fantastic. Join in, feel good with @TCVRichmond Green Gym!

Find out more on [Richmond Green Gym](#) website.

**The Queen Elizabeth Olympic Park Guided Tours, 11am – 12:30pm**

Theme: Day walk and talk

Meet at Park Information Point, Westfield Avenue Entrance, Stratford E20 1JN

Come and explore one of London's newest Parks with an expert guide, who will bring its iconic landmarks and secrets to life! Join us for a specially created walk being held twice a day, every day of London's first National Park City Week. It's been six years since the Opening Ceremony of the London 2012 Olympic Games – how has Queen Elizabeth Olympic Park changed since then, and what does the future hold?

These tours are sure to be popular so book your place today by calling the Information Point between 10am - 3pm on **02085362716** - pay by cash on the day. Maximum of 20 people. Tours cost £8 per adult, £6 concession and £3 per child (3-16). Find out more on their [website](#).

**Hidden Garden Haiku - Holland Park, 11:30am – 1pm**

Theme: Arts in parks

Meet at Holland Park Tube station, W11 3RB

Novice or expert, join in this fun 90-minute Museum of Walking walkshop. Along the way, you'll get to compose, write and recite short three-line poems known as haiku in Japanese culture. See your work published in an anthology and be inspired by the beauty of Holland Park. For adults or children over 12.

Booking is essential. Visit the [Museum of Walking website](#) to book your free place.

**London Fields Walk, 12:15pm – 1pm**

Theme: Day walk & talk

Meet at Hackney Town Hall front steps, Mare Street, E8 1HH

Get healthier on this Hackney Council led walk. It's a great way to socialise, enjoy the park and get healthy. For all abilities. You must complete an outdoor questionnaire first. Varies in difficulty. To book a place visit [Hackney: Walking Together](#) website or email: [surbjit.mahey@hackney.gov.uk](mailto:surbjit.mahey@hackney.gov.uk) or call: 020 8356 7459.

**Junior Explorers, 11am – 12:30pm**

Theme: Wildlife activities

Meet at New River Walk - St. Paul's Road gate, N1 2PU

Come and explore Islington's hidden gem, New River Walk! Activities include; pond dipping, storytelling, den building, wildlife watching, nature art. Bring a picnic too! Children must be accompanied by an adult..

Book your free place on [Eventbrite](#).

**Crane Park Dragonfly Walk, 11am – 1pm**

Theme: Day walk & talk

Crane Park Island/ Meeting at the Shot Tower. Drop off point at Whitton Railway Station, TW22 6AA

Join London Wildlife Trust on a dragonfly walk along the River Crane. We'll explore Crane Park Island, then walk a section of the river towards Whitton, spotting dragonflies and damselflies and enjoying the scenery. We'll also collect data for the London Wildlife Trust's London wide dragonfly survey.

Book your free place on [London Wildlife Trust](#) website.

<b>Afternoon events</b>
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**Free Summer Community Basket Ball Coaching, 12pm – 2pm**

Theme: Health & fitness

Harrow Recreation Ground, Cunnington Park, HA1 1NS

Get outdoors and improve your game with Ball Out Community Coaching sessions. Open to players of all abilities, aged 10-18. Just sign up and get your parent/guardian consent. All sessions are drop in.

Find out more on [Ball out](#) website.

**Kids Olympics, 12pm – 3pm**

Theme: Family fun

Meet at Paradise Park Playground, N7 8SE

Come down with the family and try out some fun and games at the Kids Olympics! Just bring yourselves.

Free event, just turn up. More information on [Islington Council Parks Service](#) website.

**Bunhill Fields Guided Walk, 12:30pm -1:30pm**

Theme: Day walk & talk

Meet at Bunhill Fields Attendant's Hut, EC1Y 2BG

Join us for a tour of this historic and atmospheric burial ground: see the tombs of John Bunyan, William Blake and Daniel Defoe. Visit the restricted areas behind the railings, hearing stories of colourful residents!

Book and pay for this event on [City Garden Walks](#) website.

**The Queen Elizabeth Olympic Park Guided Tours, 1pm – 2:30pm**

Theme: Day Walk and Talk

Meet at Park Information Point, Westfield Avenue Entrance, Stratford E20 1JN

Come and explore one of London's newest Parks with an expert guide, who will bring its iconic landmarks and secrets to life! Join us for a specially created walk being held twice a day, every day of London's first National Park City Week. It's been six years since the Opening Ceremony of the London 2012 Olympic Games – how has Queen Elizabeth Olympic Park changed since then, and what does the future hold?

These tours are sure to be popular so book your place today by calling the Information Point between 10am - 3pm on **02085362716** - pay by cash on the day. Maximum of 20 people. Tours cost £8 per adult, £6 concession and £3 per child (3-16). Find out more on their [website](#).

**Wild Wednesdays - Wonderful Water Wildlife**, 1pm – 3pm

Theme: Wildlife activities

Meet at Abbey Farmhouse, Abbey Gardens, Waltham Abbey, EN9 1XQ

Try your hand at stream dipping to explore the habitat of the creatures that live in the watery world of the Cornmill Stream. Play games, join in quizzes and craft activities to discover our water wildlife.

Book and pay for this event on [Lee Valley Regional Park](#) website.

**Historic Views and Trees Ranger-led Walk**, 1pm – 3pm

Theme: Day walk & talk

Osterley Park and House stables courtyard, TW7 4RB

Come for a two-hour 3.5km guided tour exploring the recently restored historic vistas of Osterley House and see some notable trees on the estate.

Please wear suitable footwear. Visit the [National Trust](#) to find out more.

**Art in the Park**, 1pm - 3pm

Theme: Arts in Parks

Meet at Whittington Park, N19 4RS

Come and enjoy our 'Art in the Park' activity using a kaleidoscope of colours to draw, paint or colour drawings. You could also use materials such as grasses, leaves, twigs and sand found in the park to create your own drawing and decoration. Organised by [Islington Council](#)

**Summer Pond Dipping**, 2pm – 3pm

Theme: Wildlife activities

Meet at Islington Ecology Centre, Gillespie Park, N51PH

See what you can find in Islington Ecology Centre pond this summer. Dragonfly nymphs, Water Stick insects or even a Water Scorpion. Children must be accompanied by an adult. Free event, just turn up.

Find out more on [Islington Council](#) website.

**Conserving Canonbury**, 2pm – 3:30pm

Theme: Day walk & talk

Meet at Union Chapel, Upper Street, N1 2UN

Come and discover Canonbury, a green and historic piece of Islington. On this walk we'll explore its streets, square and hidden river. We'll see one of the oldest buildings in Islington and consider how street furniture, paving and signage contribute to the character of the area. Organised by Footprints of London.

Book your place on [Eventbrite](#).

**Granville Community Kitchen Urban Food Growing**, 2pm - 3:30pm

Theme: Day walk and talk

Meet at the Granville 140 Carlton Vale, NW6 5HE

Granville Community Kitchen invites you on a tour of three inner city growing spaces where you will be able to get involved in growing activities. Granville Community Kitchen is a community-led initiative for the South Kilburn community to access healthy, affordable and sustainable food.

To book your free place, email: [granvillecommunitykitchen@gmail.com](mailto:granvillecommunitykitchen@gmail.com)

**Camden Highline Walking Tours** 4:30pm – 5:30pm

Day walk & talk NW1 8NJ

Meet at Camden Collective, 5-7 Buck Street, London

Talk to the team behind the Camden Highline! Hear the latest progress and see the model with Project Manager Adam Richards. Tours start Camden Collective and end on Camley Street. Please enter via the external gates by ringing the 'Collective Hub' buzzer.

Please wear comfy shoes and bring an umbrella if it is raining. Tours will go ahead whatever the weather.

Book your free place on [Eventbrite](#).

## Evening events

### **Floating Fitness at Merchant Square**, 5:30pm - 7:30pm

Theme: Arts in Parks

Meet at the Floating Pocket Park, Merchant Square, Paddington, W2 1JS

This monthly series of events showcases London's leading fitness gurus on the Floating Pocket Park. Come and enjoy free classes, workshops and meet and greets to boost your health and wellbeing!

Spaces are limited and can be booked via the [Merchant Square, Paddington](#) website.

### **Community on the Green**, 6pm – 9pm

Theme: Evening walk & talk

Meet at Mitcham Cricket Ground, CR4 4LA

Come and celebrate Mitcham Cricket Green Conservation Area. This is the world's oldest cricket ground at the heart of Mitcham's network of historic town greens. There's a guided tree walk of the historic grounds of the Canons House. Refreshments provided. Free event, just turn up.

See [Mitcham Cricket Green Community & Heritage](#) to find out more.

### **Lost Rivers – Neckinger**, 6:15pm – 7:45pm

Theme: Evening walk & talk

Meet at Bernie Spain Gardens SE1 9PH (adjacent to Oxo Tower), SE1 9PH

Join expert Tom Bolton for a walk exploring one of London's hidden rivers - the Neckinger. The tour will cover how it has formed the street pattern and influenced the development and growth of the local area. A chance to try dowsing with rods and listening with tubes to heighten the experience. Come dressed in blue. Organised by the Museum of Walking.

Booking is essential. Book your free place on the [Museum of Walking website](#).

### **Beekeeping Taster (BeeUrban)**, 6pm – 7pm

Theme: Look & learn

The Hive, Kennington Park, St Agnes Place SE11 4BU

Come and learn the basics of beekeeping. We'll cover the beekeeping year; setting up an apiary; Bee Behaviour and the role of the Beekeeper; the equipment required and include honey tasting!

Organised by BeeUrban. Subject to weather conditions, we'll open a hive outside in our apiary. All protective clothing will be supplied. Please bring wellingtons or other boots. Refreshments provided

Pre-booking essential as places are limited. Book and pay for your event on [Eventbrite](#).

### **Beekeeping Taster (BeeUrban)**, 7pm – 8pm

Theme: Look & learn

The Hive, Kennington Park, St Agnes Place SE11 4BU

Come and learn the basics of beekeeping. We'll cover the beekeeping year; setting up an apiary; Bee Behaviour and the role of the Beekeeper; the equipment required and include honey tasting!

Organised by BeeUrban. Subject to weather conditions, we'll open a hive outside in our apiary. All protective clothing will be supplied. Please bring wellingtons or other boots. Refreshments provided

Pre-booking essential as places are limited. Book and pay for your event on [Eventbrite](#).

**Back to my roots Walk**, 7pm – 9pm

Theme: Evening walk & talk

Hither Green station SE13 5NF

Join the Ramblers for an easy five-mile post-work walk on parks and pavements around Hither Green, Blackheath, on to Greenwich and down to the Thames. Option to drop out at Blackheath. Free, just turn up.

Visit [Inner London Ramblers](#) to find out more.

**Candle making**, 8pm – 9pm

Theme: Look & learn

Meet at The Hive, Kennington Park, St Agnes Place, SE11 4BU

Join a session to learn about harvesting and preparing beeswax and how to make candles. Make and take away two candles. Refreshments provided. Organised by BeeUrban.

Pre-booking essential as places are limited. Book and pay for your place on [Eventbrite](#).

**Trees – why are they so important in Elephant's changing urban landscape?** 6pm – 8pm

Theme: Look & learn

Meet at the London Plane Meeting Room, Faraday, 35 Heygate Street SE17 1AZ

Join experts for a panel discussion on trees and ecology in Elephant & Castle, Southwark and across London. Free. Space limited.

To book, please send an email with your name to: [Ele-Ask@lendlease.com](mailto:Ele-Ask@lendlease.com)

**The Ecology of Old Trees**, 7pm – 8:30pm

Theme: Evening walk & talk

Meet by main gates, Abney Park, Stoke Newington High Street, N16 0LH

An evening guided tree walk through Abney Park Cemetery nature reserve led by arboriculturalist and ecologist Russell Miller. The walk will focus on the importance of old trees for wildlife.

Registration through [Eventbrite](#).

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## THURSDAY 26 JULY

<b>All day events</b>
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**Summer Holiday Family Fun at Rainham Marshes**, 9am – 5pm

Theme: Family fun

Rainham Marshes nature reserve, New Tank Hill Road, Purfleet, RM19 1SZ

Drop in to Rainham Marshes during National Park City Week to take part in some fabulous family activities with the RSPB.

Pick up an adventure trail sheet at the visitor centre, play in the adventure playground, clamber on the climbing boulders, hire a bike for a cycle adventure, and stop off in the cafe for lunch. Guided activities include pond dipping and wildlife adventures.

No booking required, just turn up. Entry charge to the reserve (free for RSPB members, Havering and Thurrock residents). Find out more on the [RSPB website](#).

**Dragonfly Recording Training on Tooting Common, 9:30am – 3:30pm**

Theme: Wildlife activities

The Staff Yard, Doctor Johnson Avenue, Tooting, SW17 8JU

Join the Tooting Common Heritage Project and London Wildlife Trust for an indoor adult dragonfly identification workshop, followed by an outdoor survey on Tooting Common. This session is part of a London-wide dragonfly and damselfly survey. Spend the day learning to identify these magnificent creatures and how they help us to understand the health of our wetlands.

The training is for anyone who is interested in monthly surveys and understanding wetlands across London as part of the [Water for Wildlife Project](#).

The event is free, but booking is essential. Email [wfw@wildlondon.org.uk](mailto:wfw@wildlondon.org.uk) to book your place.

**Gunnensbury Triangle Practical Conservation Workday, 10:30am – 3:30pm**

Theme: Wildlife activities

Meet at the entrance to Gunnensbury Triangle Nature Reserve, Bollo Lane, Chiswick Park, W4 5LW

Help improve Gunnensbury Triangle Nature Reserve by taking part in a practical conservation activity with London Wildlife Trust. Activities could include litter picking, path restoration, wildlife surveying, meadow or woodland restoration. Please wear suitable clothing for outdoor work and bring a packed lunch if you plan to stay all day.

Free event, just turn up. Drop in volunteers are welcome, please call 07734 599 729 if you can't locate the group. Find out more on the [London Wildlife Trust website](#).

**Walk the Sites of London, 10:30am – 4pm**

Theme: Day walk & talk

Meet at Shakespeare's Fountain, in the middle of Leicester Square, Westminster, WC2H 7DE

Join the Ramblers for an exploration of the sites of London. A 9-mile circular walk along the Jubilee Walkway taking in Trafalgar Square, Admiralty Arch, Parliament Square, and the South Bank (including Borough Market for lunch), before returning across Tower Bridge, through the City and Covent Garden to end at Leicester Square tube station.

There are drop out points along the walk if you want to join for part of the route. No need to book, just turn up. More information on the [Inner London Ramblers website](#).

**Scything in Crane Park, 10:30am – 4pm**

Theme: Wildlife activities

Meet at the Mill Road entrance to Crane Park, Twickenham, TW2 5HA

It's time to scythe! Join Richmond Biodiversity Action Team to learn an ancient tradition commonly used for maintaining grassland known as scything, and improve the biodiversity of Crane Park. Join in, feel good!

Free event, just turn up.

For more information visit [Richmond Green Gym](#) website.

**Butterfly Survey Workshop in Regent's Park, 10:45am – 2pm**

Theme: Wildlife activities

Meet at the Hub Café, Regent's Park, Inner Circle, London NW1 4RU

Join Camden Green Gym to carry out butterfly surveys in Regent's Park as part of the Big Butterfly Count 2018. The Green Gym features fun, free outdoor sessions to help keep us active, improve our health and learn about practical conservation.

Free event, booking required. Find out more and book your place on the [TCV website](#).



**Prince of Wales Wetlands – Opening Event, 11am – 2pm**

Theme: Look & learn

Prince of Wales Open Space, Aldridge Avenue, Enfield EN3 6JA

Celebrate the recently transformed Prince of Wales Open Space, where a new series of wetlands have been created by Enfield Council and the Wildfowl and Wetlands Trust to create a better space for wildlife, people and outdoor learning. Activities on offer are: pond dipping, wetland tours, biodiversity surveying and wetland planting.

Free event, just turn up. Email [Jamie.kukadia@enfield.gov.uk](mailto:Jamie.kukadia@enfield.gov.uk) for more information.

**Bug Day 2018 at Sydenham Hill Wood, 11am – 2pm**

Theme: Wildlife activities

Sydenham Hill Wood and Cox's Walk, Sydenham Hill, SE26 6LS. Meet at the big clearing along the Green Chain Walk/old railway path

A family-friendly day to celebrate the amazing invertebrates that are so vital to our world. Join London Wildlife Trust for this family event to celebrate the weird and wonderful insects that are so important to Sydenham Hill Wood. If you love bees, butterflies, dragonflies, beetles, bugs and slugs, you will love Bug Day!

There will be pond dipping sessions to discover the wild world underneath the surface of the Dewy Pond, as well as a chance to search for beetles and creepy crawlies under logs and identify butterflies and bees in the wood's sunny glades.

Free event, just turn up. More details on the [London Wildlife Trust website](#).

**BeeUrban Volunteer Day, 11am – 4pm**

Theme: Wildlife activities

The Hive, Kennington Park, St Agnes Place, SE11 4BE

Join BeeUrban at their apiary to take part in a range of activities including gardening, carpentry and more. Come and learn a new skill or just find out what they do. Open to all ages and abilities.

Free event, just turn up. More details on the [BeeUrban Facebook page](#).

**Discover the Walled Garden in Park Hill Park, 11am – 3pm**

Theme: Look & learn

The Walled Garden, Park Hill Park, Croydon, CR0 5PB

Did you know that Croydon has its own historic walled garden in Park Hill Park? Come and discover the delights of this little gem, including medicinal and culinary herb gardens.

Have a go at gardening or enjoy a chat with volunteers from the Friends of Park Hill Park & Recreation Ground. Children welcome but must be supervised by a parent/carer.

Free event, just turn up. More details on the [Friends of Park Hill Park Facebook page](#).

**Morning events**

**Friends of the River Shuttle Summer Picnic, 10am – 1pm**

Theme: Family fun

Meet in the Old English Garden, opposite Danson House, Danson Park, Bexley, DA6 8HL

Join Friends of the River Shuttle for ongoing garden work, to help with a river clean and join the annual summer picnic.

Free event, just turn up. More information on the [Friends of the Shuttle website](#).

**Breathing Life into Cities, 10am – 1:30pm**

Theme: Look & learn

Scotscape Landscaping Ltd, Summerfield Lane, Long Ditton, KT6 5DZ

Join Scotscape Landscaping Ltd for a hands-on session and talk on how plants, living walls, green roofs and screens can future-proof our cities. Find out how they are constructed and have a go at planting yourself.

Free event, booking required through [Eventbrite](#).

**Wildlife Data Challenge, 10:30am – 12:30pm**

Theme: Wildlife activities

Thames Chase Forest Centre, Broadfields, Pike Lane, Upminster, RM14 3NS

Children's activities around gathering wildlife data for a BioBlitz project. The volunteers from the Challenge Network will join this day.

For more information visit [Thames Chase](#) website.

**Guided Tree Walk, 11:00am – 12:30pm**

Theme: Day walk & talk

Meet at the St. Paul's Road entrance to the New River Walk, Islington N1 2PU

Join Islington Council's tree expert for a gentle stroll down New River Walk to discover the mysteries and folklore behind trees, and a remarkable wealth of wildlife.

No need to book, just turn up. Call Karon on 07769163340 for further information.

**The Queen Elizabeth Olympic Park Guided Tours, 11am – 12:30pm**

Theme: Day walk and talk

Meet at Park Information Point, Westfield Avenue Entrance, Stratford E20 1JN

Come and explore one of London's newest Parks with an expert guide, who will bring its iconic landmarks and secrets to life! Join us for a specially created walk being held twice a day, every day of London's first National Park City Week. It's been six years since the Opening Ceremony of the London 2012 Olympic Games – how has Queen Elizabeth Olympic Park changed since then, and what does the future hold?

These tours are sure to be popular so book your place today by calling the Information Point between 10am - 3pm on **02085362716** - pay by cash on the day. Maximum of 20 people. Tours cost £8 per adult, £6 concession and £3 per child (3-16). Find out more on their [website](#).

<b>Afternoon events</b>
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**Free Summer Community Basket Ball Coaching, 12pm – 2pm**

Theme: Health & fitness

Harrow Recreation Ground, Cunnington Park, HA1 1NS

Get outdoors and improve your game with Ball Out Community Coaching sessions. Open to players of all abilities, 10-18 years old. Just sign up and get your parent/guardian consent. All sessions are drop in.

Find out more on the [Ball Out website](#).

**The Queen Elizabeth Olympic Park Guided Tours, 1pm – 2:30pm**

Theme: Day Walk and Talk

Meet at Park Information Point, Westfield Avenue Entrance, Stratford E20 1JN

Come and explore one of London's newest Parks with an expert guide, who will bring its iconic landmarks and secrets to life! Join us for a specially created walk being held twice a day, every day of London's first National Park City Week. It's been six years since the Opening Ceremony of the London 2012 Olympic Games – how has Queen Elizabeth Olympic Park changed since then, and what does the future hold?

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### **Historic Views and Trees Ranger-led Walk, 1pm – 3pm**

Theme: Day walk & talk

Osterley Park and House stables courtyard, TW7 4RB

Come along for a 2 hour 3.5km guided tour exploring the recently restored historic vistas of Osterley House and enjoy some notable trees on the estate.

Free parking for National Trust members, non-members £7 per car. Please wear suitable footwear. Walk will go ahead in all weathers. Visit the National Trust [website](#) to find out more.

### **Camden Highline Walking Tours 4:30pm – 5:30pm**

Theme: Day walk & talk

Meet at Camden Collective, 5-7 Buck Street, London, NW1 8NJ

Come and meet the team behind the Camden Highline! Hear the latest progress and take a look at the model with Project Manager Adam Richards.

Tours will begin at the Camden Collective co-working space, 5-7 Buck Street, NW1 8NJ, and end on Camley Street. You will need to enter through the external gates on arrival by ringing the 'Collective Hub' buzzer. Please wear comfortable shoes and bring an umbrella if it is raining. Tours will go ahead whatever the weather conditions and tickets are non-refundable/transferable.

Book your free place for this free event on [Eventbrite](#).

## **Evening events**

### **COSMIC Duck Race and Dragon Boat Regatta, 1pm – 9pm**

Theme: Family fun

Paddington Canal Basin, Merchant Square, Paddington, W2 1JS

For the last ten years people from the Paddington area have come together for the Dragon Boat Regatta to help raise funds for COSMIC (Children of St. Mary's Intensive Care). The Dragon Boat Race starts at 5pm, with exciting activities throughout the day, including world class cuisine from Epicurean Gastronomy. The night ends with a Live Music Session on a Floating Pocket Park.

Free entry for spectators. For more information including how to enter a team into the Dragon Boat Race, [visit the Merchant Square website](#).

### **An After-Work Walk to the Beginning of Time, 6pm – 7:30pm**

Theme: Evening walk & talk

Meet at street level outside the western exit of Canary Wharf Underground station, E14 4HJ (between the station and Middle Dock)

Join the Ramblers for a four-mile after-work walk from Canary Wharf to Blackheath via green and blue spaces across the Greenwich Meridian – the beginning of time! Hundreds of years of history, iconic views of London and minimal road walking. There may even be sheep!

Unless the weather is particularly unseasonal, this walk is doable in a suit and stout shoes. Ends at Blackheath Station with an option to drop out at Greenwich.

Free event, no need to book. For more information see the [Inner London Ramblers website](#).

### **Parks, Pleasure, Politics – a Walk through Battersea Park, 6:15pm – 7:45pm**

Theme: Day walk & talk

Meeting at the Rosery Gate, Battersea Park corner of Queenstown Road & Prince of Wales Drive, SW11 4NJ

Join the Museum of Walking for a 90 - 120-minute walk with Travis Elborough: a revealing exploration of Battersea Park, taking in its inception and radical history, and how it has become a 'jewel' valued by local people as well as developers.

Booking is essential. Book your free place on the [Museum of Walking website](#).

**Walking Among Giants: A Tall Building and Urban Climate Walking Tour of the City of London, 6:30pm – 8:30pm**

Theme: Evening walk & talk

Meet at Finsbury Square, Moorgate, EC2A 1AE

A walking tour led by Urban Generation that explores the dynamic relationship between tall buildings and climate on thermal comfort, health and wellbeing – and the impact of increasing urban density.

Free but registration required. Book your place on [Eventbrite](#).

**Beekeeping Taster with BeeUrban, 7pm – 8pm**

Theme: Look & learn

The Hive, Kennington Park, St Agnes Place, SE11 4BU

Learn about beekeeping before considering taking a more detailed course. Two group sessions will cover the many different aspects of beekeeping, including: the beekeeping year, setting up an apiary, bee behaviour and the role of the beekeeper, and the equipment required. Honey tasting and subject to weather conditions, the chance to look inside a hive.

All protective clothing will be supplied. You will need to bring wellingtons or other boots. Pre-booking through [Eventbrite](#) is essential as places are strictly limited.

**Bird Identification Evening at Stoke Newington West Reservoir, 7pm – 9pm**

Theme: Wildlife activities

Meet on the New River Path by Redmond Community Centre, on the northern edge of Stoke Newington Reservoir, N4 2HF (accessible from Lordship Road or Green Lanes)

An opportunity to see the wide variety of birds in the Stoke Newington reservoir with expert advice from Hackney & Islington Swifts Group on how to identify species in this rich urban habitat. Bring binoculars or otherwise just turn up and learn!

Free event, booking required through [Eventbrite](#).

**National Park City Pub Quiz, 7pm – 11pm**

Theme: Wildcard

Black Horse, 195 Evelyn Street, Deptford, SE8 5RE

A National Park City take-over of the Black Horse Pub Quiz. Join DeptfordFolk and the Black Horse SE8 for quizzing with a park theme. Have a pizza from the Sourdough Salon and churn your grey matter. No need to book, entry to quiz £1.

Visit the [Blackhorse](#) website and [Deptford folk](#) website to find out more.

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## FRIDAY 27 JULY

<b>All day events</b>
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**Summer Holiday Family Fun at Rainham Marshes, 9:30am – 5pm**

Theme: Family fun

Rainham Marshes nature reserve, New Tank Hill Road, Purfleet, Essex, RM19 1SZ

Get active in nature with the family. Pick up an adventure trail sheet and explore the reserve with your family. Play in the adventure playground, clamber on the climbing boulders, hire a bike for your own cycle adventure, and stop off in the cafe for lunch!

For more details and full times please see the [RSPB](#) website.

**Linear Walk – Three Croydon Commons – Riddlesdown, Kenley Common and Farthing Downs, 10am – 3pm**

Meet at Car park on Riddlesdown Common, CR8 1EE

Theme: Day walk & talk

Join the Croydon Ramblers for a 9.5 mile linear walk along three Croydon Commons – Riddlesdown, Kenley Common and Farthing Downs. Free event, just turn up.

Visit [Croydon Ramblers](#) website for more info.

**Wanstead Flats and Park Walk, 10:35am – 3pm**

Theme: Day walk & talk

Meet at Forest Gate station E7 0NF

Join the Ramblers for a six-mile circular walk across part of Epping Forest and Wanstead Flats. This haven for skylarks has lakes and views aplenty. Drop-out points throughout. Ends at Forest Gate station. Free event, just turn up.

See the [Inner London Ramblers](#) website for more info.

**House of Wayward Plants, 11am-4pm**

Theme: Wildcard

Morden Hall Park, Morden Hall Road, Morden, London SM4 5JD

The National Trust, Wayward Plants and the Royal Horticultural Society have teamed up to rehome thousands of plants from the RHS Hampton Court Palace Flower Show. The National Trust's Morden Hall Park will host a pop-up plant adoption space where members of the public can come and adopt a plant for free.

For more details visit the [National Trust webpage](#).

<b>Morning events</b>
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**Harrow Tai Chi for Health, 9:30am – 10:30am**

**Theme:** Health & fitness

Meet at Harrow Recreation Ground, on the basket ball court, HA1 1PB

Enjoy health and wellbeing for free on Fridays in the park with Tai Chi, teacher Mr Zhijun Wang.

Find out more on True Health Taiji's [Facebook page](#) and the [Harrow Recreation](#) events page.

**Informal birdwatching walk at Richmond Park, 9:30am**

Theme: Wildlife activities

Meet at Richmond Park, TW10 5HS

Join an informal birdwatching walk every Friday with Friends of Richmond Park. No booking, just turn up.

Visit [Friends of Richmond Park](#) website to find out more.

**Tots' Tales Story Time in the Park, 10am – 10:30am**

Theme: Family fun

Meet at Wandle Park bandstand, CR0 4WL

Come along to 'Story Time in the Park' - a nature-themed sensory story, with props, activities, parachute play, bubbles and lots of singing! The session will have limited 'drop-in' places and is for under 5s. £5 per person. £3 concession for siblings.

Pay and book your event on [Tots' Tales](#) website.

### **Beddington Park Walk, 10am – 11am**

Theme: Day walk & talk

Meet at St Mary's Church, Wallington (Beddington Park), Sutton, SM6 7NJ

A friendly walk around Beddington Park or Waddon Ponds. Free but donations welcome. Just turn up.

Find out more about [Wandle Valley Park](#) healthy walks.

### **Guided walk to Thorndon Country Park, 10am – 12:30pm**

Theme: Day walk & talk

Meet at Thorndon Country Park North off The Avenue, outside visitor's centre, CM13 3RZ

Join this five-mile circular walk from the north to the south side of the park. It's a chance to enjoy a wide variety of flora and fauna across the woodland and meadow. You'll also see some interesting old trees including the Crinoline Lady (an old oak pollard), learn about its historical past and take in great views to QE2 Bridge and Canary Wharf.

Free. Find out more on the [Thames Chase](#) website.

### **Breathing Life into Cities, 10am – 1:30pm**

Theme: Look & learn

Meet at Summerfield Lane, KT6 5DZ

A talk on how plants, living walls, green roofs and screens can futureproof our cities, and how they reduce air pollution and boost biodiversity. You'll also get a chance to build and plant your own living wall.

Book your free place at [Scotscape Landscaping Ltd.](#)

### **Nature Walk, 10:30am start**

Theme: Day walk & talk

Meet outside Rayners Lane Tube station, HA5 5EG

Join a three-mile walk to learn about the natural history and wildlife of Rayners Lane. Please bring water and sunhat, dogs welcome. A Harrow Nature Conservation Forum event.

To find out more, email: [simonbraidman@hotmail.co.uk](mailto:simonbraidman@hotmail.co.uk)

### **River Roding Dragonfly Walk, 11am – 1pm**

Theme: Day walk & talk

Meet at Redbridge Underground Station, IG4 5DQ (drop off at South Woodford Tube station, IG4 5DQ)

Join London Wildlife Trust on a walk along the River Roding to spot dragonflies and damselflies and enjoy the scenery. It's also a chance to help collect data for the London Wildlife Trust's London wide dragonfly survey. Free event, just turn up.

Book your free place on [London Wildlife Trust](#) website.

### **The Queen Elizabeth Olympic Park Guided Tours, 11am – 12:30pm**

Theme: Day walk and talk

Meet at Park Information Point, Westfield Avenue Entrance, Stratford E20 1JN

Come and explore one of London's newest Parks with an expert guide, who will bring its iconic landmarks and secrets to life! Join us for a specially created walk being held twice a day, every day of London's first National Park City Week. It's been six years since the Opening Ceremony of the London 2012 Olympic Games – how has Queen Elizabeth Olympic Park changed since then, and what does the future hold?

These tours are sure to be popular so book your place today by calling the Information Point between 10am - 3pm on **02085362716** - pay by cash on the day. Maximum of 20 people. Tours cost £8 per adult, £6 concession and £3 per child (3-16). Find out more on their [website](#).

### **Woodberry's Wondrous Workshops: Dragonfly Willow Weaving, 11am – 3pm**

Theme: Arts in Parks

Meet at Woodberry Wetlands/ Coal House Café, N16 5HQ

Join the Wildlife Trust for a fun-filled, creative day learning how to make your very own model dragonfly, using freshly harvested, bendy willow sticks. We'll also learn about the amazing dragonflies that call Woodberry Wetlands home! All children must be accompanied by an adult. Free event, just turn up.

Find out more on the [London Wildlife Trust](#) website.

### **Gardens of the Inns of Court, a guided walk, 11am – 1pm**

Theme: Day walk & talk

Meet at Chancery Lane Tube station exit 3, WC1V 6DR

Join City Garden Walks for a stroll through London's historic legal quarter, exploring the glorious gardens and distinguished buildings.

Book via [City Garden Walks](#) website.

## **Afternoon events**

### **Free Summer Community Basket Ball Coaching, 12 – 2pm**

Theme: Health & fitness

Harrow Recreation Ground, Cunnington Park, HA1 1NS

Get outdoors and improve your game with Ball Out Community Coaching sessions. Open to players of all abilities, aged 10-18. Just sign up and get your parent/guardian consent. All sessions are drop in.

Find out more on [Ball out](#) website.

### **Go Jauntly Picnic in Hilly Fields, 12:30pm – 7pm**

Theme: Family fun

Meet at Hilly Fields Park, SE4 1LD

Join the Go Jauntly gang with locals in Hilly Fields, Brockley. Bring your own picnic, blanket, the kids and help them explore Hilly Fields hidden nature trail and enjoy some chilled out fun. Free event, just turn up.

Visit the Go Jauntly [Facebook](#) page to find out more.

### **Mindfulness in Nature - Ruskin Park, 12:45 - 2.15pm**

Theme: Health & fitness

Meet at Ruskin Park, London SE5 8EL (inside the park at Denmark Hill pedestrian gate)

Enjoy a mindfulness taster session in the natural setting of Ruskin Park. Learn how to guide your thinking to experience freedom and self-awareness through yoga. Led by Mel Sutton.

£5 per place. Book on the [Woodland Trust](#) website.

### **The Queen Elizabeth Olympic Park Guided Tours, 1pm – 2:30pm**

Theme: Day Walk and Talk

Meet at Park Information Point, Westfield Avenue Entrance, Stratford E20 1JN

Come and explore one of London's newest Parks with an expert guide, who will bring its iconic landmarks and secrets to life! Join us for a specially created walk being held twice a day, every day of London's first National Park City Week. It's been six years since the Opening Ceremony of the London 2012 Olympic Games – how has Queen Elizabeth Olympic Park changed since then, and what does the future hold?

These tours are sure to be popular so book your place today by calling the Information Point between 10am - 3pm on **02085362716** - pay by cash on the day. Maximum of 20 people. Tours cost £8 per adult, £6 concession and £3 per child (3-16). Find out more on their [website](#).

**Historic Views and trees Ranger-led walk, 1pm – 3pm**

**Theme:** Day walk & talk

Osterley Park and House stables courtyard, TW7 4RB

Join a two-hour 3.5k guided tour exploring the recently restored historic vistas of Osterley House and enjoy some notable trees on the estate.

Please wear suitable footwear. Walk will go ahead in all weathers. More info on the [National Trust](#) website.

**Walking for Health, Jubilee Country Park, Bromley, 2pm - 3pm**

**Theme:** Day walk and talk

Meet at Tent Peg Lane car park, off Crest View Drive, Petts Wood BR5 1BY

Join the Friends of Jubilee Country Park for a stroll around the park (and sometimes beyond). Organised by the Ramblers and Macmillan Cancer Support. Free event, just turn up.

Visit the Friends of [Jubilee Country Park](#) to find out more.

**Regent's Canal Regenerated, 2pm – 4pm**

**Theme:** Day walk & talk

Meet at Angel Tube station N1 9LQ

Come and hear the history of Regent's Canal from its 19<sup>th</sup> century heyday, 1960s decline to its resurgence today. See and hear stories of the canal past, present and future. Organised by Footprints of London.

Book your ticket on [Eventbrite](#).

**Nordic Walking 2:30pm – 4pm**

**Theme:** Health & fitness

Meet at Beckenham Place Park - behind the mansion BR3 1SY

Join Nordic Walker instructor Sonya Brennan for a 90-minute taster session designed to inspire novices – and enjoy the beautiful setting of Beckenham Place Park. Organised by the Museum of Walking

Booking is essential. Book your free place on the [Museum of Walking website](#).

**Nature Walk at Oak Hill Wood, 2:30pm – 4pm**

**Theme:** Wildlife activities

Meet at Oak Hill Park, near the playground, EN4 8JS

Join the London Wildlife Trust for a guided wildlife walk in the delightful Oak Hill Wood Nature Reserve. There are many breeding birds such as lesser spotted woodpecker, treecreeper, sparrowhawk and tawny owl.

Book your free place via [London Wildlife Trust](#) website.

**Clapham Common Meadow - Colour Your Common, 4pm – 8pm**

**Theme:** Family fun

Meet beside Windmill opposite The Spinney and Bandstand Beds SW4 7AJ

Come along for a picnic to celebrate the creation of a new meadow on Clapham Common - funded by the Mayor's Greener City Fund. All welcome. Free event, just turn up.



## Evening events

### **Art, walking, national parks & an urban forest (walk)** 7pm – 9pm

Theme: Evening walk & talk

Meet outside the National Gallery WC2N 5DN

Join the Ramblers for a three-mile walk starting outside the National Gallery with an exhibition of Thomas Cole, early US conservationist. You'll stroll over Millennium Bridge to London's Urban Forest. Walk ends at Waterloo. Free event, just turn up.

Visit the [Inner London Ramblers](#) website to find out more.

### **Peckham Coal Line Walk**, 7pm – 9pm

Theme: Evening walk & talk

Meet at Honor Oak Park, SE23 1EB

Join the Ramblers for a three-mile post-work walk taking in the splendid views from One Tree Hill, Camberwell Old Cemetery and Peckham Rye Common and the proposed route of Peckham Coal Line "high line" path. Ends at Queens Road Peckham station. Free event, just turn up.

Visit the [Inner London Ramblers](#) website to find out more.

### **Tottenham Trees - An Old Oak, a New Oak and Exotic Trees**, 7pm – 8:15 pm

Theme: Evening walk & talk

Meet in front of Bruce Castle Museum, Lordship Lane, London, N17 8NU

Walk with the Tottenham Trees group in Bruce Castle Park for encounters with the Antarctic Beech, Nettle Tree, Tulip Tree and Tottenham's oldest Oak. Finish at community-owned pub, The Antwerp Arms.

Find out more on the [Tottenham Trees](#) website.

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## SATURDAY 28 JULY

### All day events

#### **The Green Line - Nature's Railway**, 10am - 3pm

Theme: Day walk & talk

Meet at various points:

New Cross Gate Cutting Reserve: jct of Vesta Road/Endwell Road SE4 2NH

Buckthorne Cutting Reserve: Eddystone Railway bridge, Eddystone Road SE4 2DB

Garthorne Road Reserve, Beadnell Road, SE23 1AA

Devonshire Road, SE23 3SZ

Don't miss this rare chance to walk along the Forest Hill to New Cross Gate Railway Cutting. For the first time ever, all four nature reserves it includes will be open on the same day. You can join a London Wildlife Trust walk from New Cross Gate Nature Reserve meeting at 10am, or drop in to the other sites across the day.

The newest site, Buckthorne Road, opened in March. You can visit between 11am and 2pm, and children can join a wand-making activity (£3.50 per child).

Free, just turn up. For more information on the reserves, visit their websites:

[Garthorne Road](#), [New Cross Gate](#), [Devonshire Road](#) and [Buckthorne Road](#)

**Discover Green Thamesmead**, 10am – 5pm various times

Theme: Day walk and talk

Join Peabody for a series of outdoor events throughout the day for people to discover Thamesmead's green spaces. This includes over 350 acres of open space, 30,000 trees and three nature reserves - not to mention the 7km of canals, six major lakes, and 5km of Thames riverfront.

See events in the full listings below or just come along.

**Food 'n' Fun in the Fields**, 10am – 6pm

Theme: Family fun

Ladywell Fields (North Field), SE13 7XA

Join a family-friendly day run by local people with lovely food stalls, an under 12s funfair, displays from local artisans and artists, cake challenge, children's art competition and nature-themed activities, guided walks and games. Free entry, just turn up.

Run by Catford Community Association

**Tump 53 Open Day (Discover Green Thamesmead)** 10am – 3pm

Theme: Wildlife activities

Meet at Tump 53 - Bentham Road London, SE28 8AS

Come along to the Tump 53 Open Day - Thamesmead's hidden gem. Tump 53 is a nature reserve and former munitions site set in mixed woodlands and surrounded by a reed-fringed moat. It is home to many wildlife, boasts a glade and a pond and is visited by more than 60 bird species, ranging from the kingfisher and willow warbler to the redpoll. The day will include a fun day of activities including Minibeast hunting, pond dipping and a children's trail around the site. Organised by Wide Horizons and Peabody.

Free, just turn up.

**Bedfont Lakes Conservation Volunteers – Volunteer Day**, 10am – 4pm

Theme: Wildlife activities

Meet at the Information Centre just inside the entrance to the park off Clockhouse Lane, TW14 8QA

Come and join the Bedfont Lakes Conservation Volunteers for their volunteer day. Don't worry if you can't stay for the whole day, just come for as long as you can.

Visit the Bedfont Lakes Conservation Volunteers [website](#) to find out more.

**River Fete**, 11am – 3pm

Theme: Family fun

Meet at Tottenham Marshes, N17 0XD

Want to learn more about London's rivers and local environmental issues? Attend this family-oriented fete run by local volunteers, Thames21 and Stonebridge Lock Coalition. Free event, just turn up.

For more information visit Thames21 [website](#).

**House of Wayward Plants**, 11am-4pm

Theme: Wildcard

Morden Hall Park, Morden Hall Road, Morden, London SM4 5JD

The National Trust, Wayward Plants and the Royal Horticultural Society have teamed up to rehome thousands of plants from the RHS Hampton Court Palace Flower Show. The National Trust's Morden Hall Park will host a pop-up plant adoption space where members of the public can come and adopt a plant for free.

For more details visit the [National Trust webpage](#).

**Go Islington!**, 11am – 4pm

Theme: Family fun

Meet at Highbury Fields N5 1AR

Come along to Go Islington – a family event with more than 20 different sports including: cycling, football, basketball, tennis, rugby, handball and badminton. There will be a marquee for 13-19 year olds including music and dancing and fun nature-themed activities plus lots of information about our fantastic local parks and nature reserves. Free, just turn up. All ages welcome.

Find out more on London Borough of Islington [website](#).

**Youthfest at Roof East**, 11:45am – 4pm

Theme: Look & learn

Meet at: Roof East, Level 8, Stratford Multi Storey Car Park, E15 1XE

Come along to an event for young people, run by young people. #Youthfest aims to encourage young people to get involved with environmental issues and have their say in the environment. Expect inspiring talks from renowned environmental speakers and entertainment from local artists  
Organised by Groundwork.

Free event. Book via the [Facebook](#) link or turn up on the day

**Art in the Garden**, 1pm – 9pm

Theme: Arts in Parks

Robin Hood Community Garden, Hackney, London, E5 9HH

The Robin Hood Garden will be converted into an art exhibition space for just one day. Six local artists will exhibit sculptures, paintings, photographs and prints in this experimental exhibition that takes art off the walls and into the open air. There are plenty of benches and places so bring along a packed lunch and drinks and grab yourself a sausage from the barbecue for this amazing day out.

If you are an artist feel free to join the discussions on creating a permanent sculpture/public art piece for the garden.  
Organised by Robin Hood Community Gardens group

Book your free place on [Eventbrite](#).

<b>Morning events</b>
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**Finsbury parkrun: 8.50am - 10am**

Theme: Health & fitness

Meet at Finsbury Park Cafe, Finsbury Park, Hornsey Gate, Endymion Road, London, N4 2NQ.

Enjoy a free 5km run in Finsbury Park. Run, jog or walk, you are welcome to enjoy parkrun at your own pace. Why not join us in the cafe afterwards for a coffee and a catch up?

Free - just turn up. To receive a time for your run, please register in advance at <https://www.parkrun.org.uk/register/> and bring a printed copy of your barcode with you.

**Nursery Row Park July workday**, 9:30 – 12pm

Theme: Family fun

Nursery Row Park, Southwark SE17 1PL

Bring clothes to get dirty in! Come for as little or as much time as you have – we'll be maintaining our Community Orchard, cleaning litter and planting and pruning according to the season and we'd love your help. Just turn up.

Find out more on Friends of Nursery Row Park events [website](#).

**Back to Nature Bootcamp**, 10am – 11am

Theme: Health & fitness

Meet at Rainham Marshes Nature Reserve, New Tank Hill Road, Purfleet, Essex, RM19 1SZ

Get fit in the great outdoors at Rainham Marshes Nature Bootcamp sessions. Come along and improve your fitness, meet new friends and have fun. Free event, just turn up.

Costs: £6.50 (£5 for RSPB members) per session or book five sessions for £25 (£20 RSPB members)!

To book your place, call RSPB Marshes Nature Reserve on 01708 899840

**#GrowN22Walk**, 10am – 12pm

Theme: Day walk & talk

Meet at the new Green Rooms Hotel: New Garden, N22 6UW

Put your best foot forwards on a tour that takes in Westbury Banks Nature Reserve, the green neighbourhoods of Noel Park and Parkside Malvern and Blue House Yard before finishing at Ally Pally station. Free event, just turn up. Find out more on GrowN22 [website](#).

**Friends of Croham Hurst Woods Volunteer Day**, 10am – 1pm

Theme: Wildlife activities

Meet at Croham Hurst Woods, Croydon, CR2 7HJ

Join in the volunteers' day in Croham Hurst Woods. Tools provided. Free, just turn up. Find out more details on Friends of Croham Hurst Woods [website](#).

**Wildlife Walk in Sutcliffe Park**, 11am – 12:30pm

Theme: Day walk & talk

Meet at Sutcliffe Park/ meeting by the corner of Tudway and Kidbrooke Park Road, SE3 9YF

Join London Wildlife Trust for a walk to discover the exciting species that live in Sutcliffe Park! Free event, just turn up. Find out more on London Wildlife Trust [website](#).

**Wembley Park - Walking tour & talk**, 11am – 12:30pm

Theme: Day walk & talk

Meet at Brent Civic Centre, HA9 0FJ

At nearly 100 acres Wembley Park is one London's biggest regeneration projects. Join a talk by an ecologist setting out our long term environmental vision for the neighbourhood which includes a brand new seven acre park. Book your free place on [Eventbrite](#).

**The Queen Elizabeth Olympic Park Guided Tours**, 11am – 12:30pm

Theme: Day walk and talk

Meet at Park Information Point, Westfield Avenue Entrance, Stratford E20 1JN

Come and explore one of London's newest Parks with an expert guide, who will bring its iconic landmarks and secrets to life! Join us for a specially created walk being held twice a day, every day of London's first National Park City Week. It's been six years since the Opening Ceremony of the London 2012 Olympic Games – how has Queen Elizabeth Olympic Park changed since then, and what does the future hold?

These tours are sure to be popular so book your place today by calling the Information Point between 10am - 3pm on **02085362716** - pay by cash on the day. Maximum of 20 people. Tours cost £8 per adult, £6 concession and £3 per child (3-16). Find out more on their [website](#).

**Guide to the ecology of Thamesmead's Canals (Discover Green Thamesmead)**, 11am – 1pm

Theme: Day walk & talk

Meet outside Morrisons in Thamesmead Town Centre, SE28 8RD

Come along for a guided walk along the Thamesmead Canals to spot some beautiful dragonflies and understand the ecology of these canals and the work being delivered to create some thriving and biodiverse spaces in Thamesmead. Organised by London Wildlife Trust.

Book your free place by emailing: [wfw@wildlondon.org.uk](mailto:wfw@wildlondon.org.uk)

**River Dipping in Sutcliffe Park, 11am - 1:30pm**

Theme: Wildlife activities

Meet at the entrance to the park on the corner of Tudway and Kidbrooke Park Road SE9 6BA

Join Friends of Sutcliffe Park to discover the exciting wildlife in River Quaggy. Enjoy finding different creatures, making wildlife crafts and playing games in the park. Free but registration required.

Register your free place on the Friends of Sutcliffe Park [booking form](#).

**Crystal Palace and Capital Ring Walk, 11am – 1:30pm**

Theme: Day walk & talk

Meet at Crystal Palace Park, SE19 2AZ

A 4 mile walk following the Capital Ring footpath covering Crystal Palace Park, Westow Park, Upper Norwood Recreation Ground, Biggin, Norwood Grove and Streatham Common. Ends at Streatham Common and/or Streatham station mainline stations. Free event, just turn up.

Visit the [Inner London Ramblers website](#) to find out more.

**Olympia community growing project tour, 11am – 11:45am & 12pm – 12:45pm**

Theme: Look & learn

Meet at Olympia station - Russell road, W14 8HU

A tour showcasing the history of the community growing projects beside Olympia Overground station. Meet the volunteers who manage Cultivate Kensington and Chelsea. Free but donations welcome. Just turn up.

To find out more either email [Bulent.kazim@rbkc.gov.uk](mailto:Bulent.kazim@rbkc.gov.uk) or visit Royal Borough of Kensington and Chelsea [website](#).

**Golf in the Park, 11am – 1pm**

Theme: Health & fitness

Meet at Beddington Park, nr Pavilion Café SM6 7NN

Come play golf, have some fun and share the experience together with family or friends. All ages and abilities welcome and equipment is provided. Free, just turn up. Organised by Community Golf.

For more information email: [mandy@communitygolf.co.uk](mailto:mandy@communitygolf.co.uk)

**Carshalton Lavender Walk, 11:30am – 1:30pm**

Theme: Day walk & talk

Meet at Carshalton Station, SM5 2HT

Come along for a 4-5 mile linear walk to marvel at the Carshalton Lavender 2018 Harvest at Stanley Road Allotments via Wilderness Island, Grove Park and Carshalton Park. Bring your own scissors! Free event, just turn up.

To find out more visit Wandle Valley healthy walks [website](#).

<b>Afternoon events</b>
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**Join #GenerationTree, 12pm start**

Theme: Wildcard

Meet at Kings Cross station, N1 9AL

Trees for Cities are celebrating our city trees, and inviting you to join #GenerationTree in a fun and exciting way. They don't want to give too much away, but you'll be able to find them outside Kings Cross Station from 12pm on 28th July!

**Discover the Tranquil City London, 12pm – 2pm**

Theme: Health & fitness

Meet at Christchurch Greyfriars Church Gardens, EC1A 7BA

Join a walk discovering tranquillity in the heart of the City of London and learn from expert photographers, who are growing the #tranquilcitylondon movement to capture your own take on everyday life. Free event, booking required.

Free event but registration required on the Tranquil City [website](#).

**Dr Phil Askew's Thamesmead Landscape Tour (Discover Green Thamesmead), 12 – 2pm**

Theme: Day walk & talk

Meet at Abbey Wood Station, SE2 9RN

Join Dr Phil Askew Green – Peabody's Director of Landscape and Placemaking in Thamesmead - for a walking tour to explore the green spaces and waterways which are unrivalled across London. Organised by Peabody.

Free but booking required as space is limited (35 spaces). Email: [lukas.holden@peabody.org.uk](mailto:lukas.holden@peabody.org.uk)

**The Queen Elizabeth Olympic Park Guided Tours, 1pm – 2:30pm**

Theme: Day Walk and Talk

Meet at Park Information Point, Westfield Avenue Entrance, Stratford E20 1JN

Come and explore one of London's newest Parks with an expert guide, who will bring its iconic landmarks and secrets to life! Join us for a specially created walk being held twice a day, every day of London's first National Park City Week. It's been six years since the Opening Ceremony of the London 2012 Olympic Games – how has Queen Elizabeth Olympic Park changed since then, and what does the future hold?

These tours are sure to be popular so book your place today by calling the Information Point between 10am - 3pm on **02085362716** - pay by cash on the day. Maximum of 20 people. Tours cost £8 per adult, £6 concession and £3 per child (3-16). Find out more on their [website](#).

**Groundwork Open Garden Community Day, 1pm – 4pm**

Theme: Family fun

Meet at 6 Lower Clapton Road, Hackney, E5 0PD

Join us at Groundwork's Free Range Garden for a day of fun family garden activities and a celebration of Groundwork's environmental and social regeneration projects across the capital. There will be: garden crafts; art in the tree house; meet the chickens and pond dipping. Free but registration required.

Visit Groundwork London [website](#) to find out more.

**Island Gardens Summer Birthday Party, 1pm – 5pm**

Theme: Family fun

Meet at Saunders Ness Road London E14, 3EB

Come along for this free community event to celebrate 123 years of Island Gardens. There will be entertainment for children, food, music. The day great out will include: local London Fire Brigade with a fire engine as well as the local Safer Neighbourhood Team. Millwall Rugby Club will also be along for children to 'try' their hand at rugby; Poplar and Blackwall Rowing Club will be on hand with a rowing machine. There will also be Dance Teams and Mr Magic will be entertaining children with a Punch and Judy Show.

Free, just turn up.

**The City's Secret Gardens, a guided walk, 1:30pm – 3:30pm**

Theme: Day walk & talk

Meet at: City of London Information Centre to the south side of St Paul's Cathedral, EC4M 8BX

Take a guided walk encompassing historic gardens and churchyards nestled amongst old and new City buildings; horticulture and history combined. Meet at the City of London Information Centre.

Book and pay for this event (£8.00) on City Garden Walks [website](#) to find out more.

**Woodland Mindfulness, 1:45pm - 3:15pm & 4:15pm - 5:45pm**

Theme: Health & fitness

Meet at Canada Water Library SE16 7AR (close to Canada Water tube station/exit 'Shopping Centre'). SE16 7AR

Leave the chattering mind behind for a 90 minute Mindfulness 'walkshop' to show people Yoga principles to connect breath and body with Mel Sutton. Get skills to be mindful and calm in everyday activities and learn about the health and healing aspect of trees. Organised by the Museum of Walking.

Booking is essential. Book your free place on the Museum of Walking website for [1:45](#) and [4:15](#) sessions.

**Granville Community Kitchen Urban Food Growing, 2pm – 3:30pm**

Theme: Day walk and talk

Meet at The Granville 140 Carlton Vale, NW6 5HE

You are invited to a walk with Granville Community Kitchen where you will be shown three inner city growing spaces and you can get involved in growing activities. Granville Community Kitchen is a community-led initiative for the South Kilburn community to access healthy, affordable and sustainable food.

Book your free place by emailing: [granvillecommunitykitchen@gmail.com](mailto:granvillecommunitykitchen@gmail.com)

**Gurnell to Greenford Greenway guided walk, 2pm - 4pm**

Theme: Day walk & talk

Meet at Gurnell Leisure centre car park W13 0AL

A 3.5 km guided walk alongside the River Brent and nearby meadows, the site of the proposed new Gurnell to Greenford Greenway project funded by the Mayor's Green Capital grant fund. You can view plans and find out about the work that Thames 21 and Ealing Council are doing to improve rivers and the environment. Free just turn up.

**Osterley Park to Brent Lodge Park Walk, 2pm – 4:30pm**

Theme: Day walk & talk

Meet at Osterley Underground Station TW7 4PU

Join the Ramblers for a 4 mile stroll through some of West London's most attractive green spaces including a Georgian country estate, canal Grade 1 listed railway viaduct, maze and zoo. Ends at Hanwell Railway Station. Free, just turn up.

Visit [Inner London Ramblers](http://Inner London Ramblers) website to find out more.

**Damselflies and Dragonflies Walk, 2pm – 4pm**

Theme: Day walk & talk

Meet at Holland Park Ecology Centre, W8 6LU

Accompany Richard Woolley, an expert in the study of dragonflies and damselflies, on a walk around Holland Park. Learn how to identify different species and find out more about their fascinating lifecycle. Organised by the Friends of Holland Park.

Book your free place by emailing: [ecology.centre@rbkc.gov.uk](mailto:ecology.centre@rbkc.gov.uk)

**Cycle Adventure at Rainham Marshes, 2pm – 4pm**

Theme: Family fun

Meet at Rainham Marshes nature reserve, New Tank Hill Road, Purfleet, Essex, RM19 1SZ RM19 1SZ

Get your family in gear for a great cycle ride along the RSPB Rainham Marshes Riverwall - discover wildlife and enjoy amazing views along the way. Suitable for all ages. If you don't want to bring your own bike you can hire one for the day.

For more details and to book and pay for this event please call RSPB Rainham Marshes nature reserve on 01708 899840 (£5 adult, £4 RSPB member: £2 children, £1.50 RSPB member)

**Great North Wood Butterfly Walk at One Tree Hill, 2pm – 3:30pm**

Theme: Day walk & talk

Meet at One Tree Hill/ Meet at the gates of St Augustine's Church, One Tree Hill, Honor Oak, SE23 3LE

Join the London Wildlife Trust for a guided butterfly walk around One Tree Hill which was once part of south London's mighty Great North Wood. It also boasts a wonderful view of the city from its summit and other interesting historical features. The site is important for butterflies in the local area. Free event, just turn up.

Visit the London Wildlife Trust [website](http://www.londonwildlifetrust.org.uk) to find out more.

**Dollis Brook Walk, 2:15pm – 4:30pm**

Theme: Day walk & talk

Meet at Totteridge & Whetstone station, N20 9QP

Join the Ramblers for a delightful 4 mile walk, sometimes under trees, sometimes out in the open, but always following the tranquil Dollis Brook in north London. Drop out points. Ends at Henly's Corner. Free, just turn up.

Visit [Inner London Ramblers website](#) to find out more.

**SUP Eco Tour, 3:30pm - 5:30pm**

Theme: Wildlife activities

Meet at Kew Bridge, London W4 3NG

Enjoy a two-hour guided stand-up paddling tour on the Thames with a green emphasis and close encounters of the natural kind. Paid event, booking required.

Book your place at [Active360](#).

**Evening events**

**Pizza from a Cob Oven & Honey Beer, 7pm – 10pm**

Theme: Look & learn

Meet at The Hive, Kennington Park, St Agnes Place, SE11 4BE

Make a pizza, savoury or sweet and bake it in a Cob Oven at BeeUrban. Try Hiver Honey Beer and listen to local musicians.

Book and pay (£10.00) for this event on [Eventbrite](#).

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## SUNDAY 29 JULY

**All day events**

**Community Day at Tritton Vale Pocket Garden, 10am – 2pm**

Theme: Family fun

Meet at Tritton Vale Pocket Garden, West Dulwich, SE21 8DE

A community day in West Dulwich's Tritton Vale Pocket Garden – to sow and harvest plants, get gardening tips and make friends. Free event, just turn up.

Find out more on [Tritton Vale Pocket Garden website](#).

**The Crane Valley Walk, 11am – 2pm**

Theme: Day walk and talk

Twickenham station, TW1 1DS

Join the Ramblers for a 5 mile easy walk. As the River Crane winds its way down to the Thames at Isleworth it links a series of green and open spaces steeped in both history and wildlife. Ends at Whitton station. Free event, just turn up.

Visit the [Inner London Ramblers website](#) to find out more.

**Cally Park Dog Show and Fete, 12 – 4pm**

Theme: Family fun

Meet at Caledonian Park, N7 9PL

Fun for all the family at this canine-lovers event. There will be a dog show and traditional games including splat the rat and find the treasure, as well as ice cream and refreshments. Free event, just turn up. Find out more on the [Caledonian Park Friends Group website](#).



## Morning events

### **Tots' Tales Story Time in the Park, 10am – 10:30am**

Theme: Family fun

Meet outside the cafe at Park Hill park CR0 1NX

Bring the kids for 'Story Time in the Park' - a nature-themed sensory story using props, activities and parachute play, bubbles and lots of singing! Suitable for under-5s.

Book on [TotsTales website](#). Siblings get a discount.

### **Beddington Park walk, 10am – 11am**

Theme: Day walk and talk

Meet at St Mary's Church, Wallington (Beddington Park), SM6 7NJ

Come and join us for a free and friendly hour's walk around Beddington Park or Waddon Ponds. Refreshments available at church after walk. Voluntary contribution to church funds. Tour of church possible. Free event, just turn up.

Find out more on [Wandle Valley Park website](#).

### **Cut to the Past, 10am – 12pm**

Theme: Look and learn

Meet by the White Bridge in Morden Hall Park, SM4 5JD

Come along to this event to learn more about wildflower meadows, why they are an important habitat, and how you can get involved in improving the condition of the wildflower meadow at Morden Hall Park. This event is being run by the Morden Hall Park Urban Rangers, a team of 11-24 year olds who take on conservation projects throughout the park. Free event, just turn up.

Find out more on the [National Trust website](#).

### **Litter Pick at Mile End Park, Tower Hamlets, 10am – 12pm**

Theme: Family fun

Meet by the Art Pavilion, Mile End Park, E3 4QY

Litter Pick. Just turn up. Organised by Friends of Mile End Park.

Find out more on the [Friends of Mile End Park website](#).

### **Litter Pick Canon's Park, 10am – 12pm**

Theme: Family fun

Meet at Canon's Park, Harrow HA8 6QT

Litter Pick to clear the park up before the 15th annual Kids' Fun Fair Day in the park on Sunday 5 August. Stay on to enjoy acres of open spaces, a stunning walled garden, an adventure playground, a basketball hoop, climbing boulder and green gym, as well as woodland walks and lots of birdlife. No booking, just turn up. For more information visit [Friends of Canon's Park website](#).

### **Hackney Central to Dalston Curve Garden Tree Walk, 10am – 12:30pm**

Theme: Look and learn

Meet at Hackney Central, E8 1LL

Join the Wildlife Trust for a 2.5 to 3 mile walk over two and a half hours from Hackney Central to Dalston Curve Garden. The route will follow the back streets looking at Hackney's interesting street trees. Free event, just turn up.

Find out more on [London Wildlife Trust website](#).

**Pockets of Green in Peckham Walk, 10:30am – 12:45pm**

Theme: Day walk and talk

Meet at Peckham Rye station, SE15 5DQ

Join the Ramblers for a 3.5 mile walk following the former Surrey Canal path up to Burgess Park (taking in Chumleigh Gardens and mosaic of the Camberwell Beauty) and return to Peckham via a series of small parks and gardens. There are drop-out points throughout the walk. Ends at Peckham Rye (National Rail/Overground) station. Free event, just turn up.

Visit the [Inner London Ramblers website](#) to find out more.

**Mill Hill and Totteridge Walk, 10:40am – 5pm**

Theme: Day walk and talk

Meet at Mill Hill East, NW7 1BS

Join the Ramblers for a 13 mile walk exploring a rural area of North London, covering Totteridge Fields, Darlands Lake nature reserves, and Dollis Valley Green Walk. Please bring a packed lunch. There will be optional pub stops en route and at the end. Free event, just turn up.

Visit the [Inner London Ramblers website](#) to find out more.

**Mindfulness in Nature - Victoria Park, 11am – 12:30pm**

Theme: Health and fitness

Meet at Burdett-Coutts Memorial Drinking Fountain Victoria Park Grove Road, Bow, London, E3 5TB

Learn how to guide your thinking to experience freedom and self-awareness. Experience how the mind and breath are closely entwined and how with simple yoga breath and movement and being amongst trees, we can explore ways to mindfulness. Led by Mel Sutton, Yoga and mindfulness teacher with a background in natural health and wellbeing.

Book and pay (£5.00) for your place on this event on the [Woodland Trust website](#).

**Golf in the Park, 11am – 1pm**

Theme: Health and fitness

Meet at Wandle Park, near cafe. CR0 4XT

Come play golf, have some fun and share the experience together with family or friends. All ages and abilities welcome and equipment is provided. Free, just turn up.

Visit more on the [Community Golf website](#).

**The Queen Elizabeth Olympic Park Guided Tours, 11am – 12:30pm**

Theme: Day Walk and Talk

Meet at Park Information Point, Westfield Avenue Entrance, Stratford E20 1JN

Come and explore one of London's newest Parks with an expert guide, who will bring its iconic landmarks and secrets to life! Join us for a specially created walk being held twice a day, every day of London's first National Park City Week. It's been six years since the Opening Ceremony of the London 2012 Olympic Games – how has Queen Elizabeth Olympic Park changed since then, and what does the future hold?

These tours are sure to be popular so book your place today by calling the Information Point between 10am - 3pm on **02085362716** - pay by cash on the day. Maximum of 20 people. Tours cost £8 per adult, £6 concession and £3 per child (3-16). Find out more on their [website](#).

**Afternoon events**

**Free Guided Wildflower Walk and Summer BBQ, 12 – 2pm**

Theme: Day walk and talk

Blondin Park Community Orchard, W5 4UL

Join a free guided walk around the Blondin Park Community Orchard. You can enjoy the orchard and surrounding nature reserve and learn to identify the flowers and plants growing there. This will be followed by a BBQ and cider tasting amongst the apple trees.

Meet at 12pm in Blondin Park Orchard – the west side of Blondin Park at the Boston Manor Road entrance.

Please register for this event on [The Orchard Project website](#).

**The Queen Elizabeth Olympic Park Guided Tours, 1pm – 2:30pm**

Theme: Day Walk and Talk

Meet at Park Information Point, Westfield Avenue Entrance, Stratford E20 1JN

Come and explore one of London's newest Parks with an expert guide, who will bring its iconic landmarks and secrets to life! Join us for a specially created walk being held twice a day, every day of London's first National Park City Week. It's been six years since the Opening Ceremony of the London 2012 Olympic Games – how has Queen Elizabeth Olympic Park changed since then, and what does the future hold?

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**Family Bug Hunt, 1:30pm – 2:30pm**

Theme: Wildlife activities

Alexandra Park, N22 7AY

Bring your children and discover some of the wee beasties living in Alexandra Park. You might be surprised by what they find. There will be nets, pots and magnifying lenses to borrow to help identify what you find. Children must be accompanied by a responsible adult; if it is wet we will have to re-schedule for later in the summer. Booking will be open about a week before the event when a precise meeting point will be given.

To book your free place visit [Friends of Alexandra Park website](#).

**A Garden Foray East, a guided walk in the City of London, 1:30 – 3:30pm**

Theme: Day walk and talk

Meet at the City of London Information Centre, EC4M 8BX

Join a walk heading east from the Cathedral visiting little-known gardens and the riverside with plenty of colour, sites of interest and architecture.

Book and pay for your place (£8.00) on [City Garden Walks website](#).

**Victoria Park Bandstand Season - Corsican Brass, 2pm start**

Theme: Arts in Park

Meet at Victoria Park E3 5TB

Come along to listen to the music of the Corsican Brass Band at the Victoria Park Bandstand. Free event, just turn up.

Find out more on the [Victoria Park Friends Group website](#).

**London's Waterways, 2pm - 4pm**

Theme: Day walk and talk

Springfield Park – Horse Shoe Bridge, E5 9HQ

Join a guided tour about the past, present and future of London's waterways and how they relate to us as citizens of this incredible city. Conducted by Eva Köhle, a Thames21 Ambassador.

Book your place on [Event brite](#).

**Summer Band Concerts in the Park, 2:30pm - 4:30pm**

Theme: Arts in Parks

Meet at Pinner Memorial Park, Near Chapel Lane Car Park, Pinner, HA5 1AE

Enjoy music in a park setting with the Whitmore High School Steel Band. Free event, just turn up. Don't forget to pack a picnic and bring a chair as only a limited number will be available for hire. Organised and sponsored by The Pinner Association.

Find out more on the [Pinner Association website](#).

**Climb St. Augustine's Tower and Churchyard tours, 11am – 5pm**

Theme: Look and learn

Meet at St Augustine's Tower, E8 1HT

Climb up a winding staircase for amazing rooftop views or go on a guided tour. Book guided 45 minute tours of the Churchyard (2pm and 3.30pm).

Come along for an open day at St Augustine's Tower, Hackney's oldest building. Climb 135 steps up a winding staircase for amazing rooftop views. Guided 45 minute tours of the Churchyard are on offer at 2pm and 3:30pm, giving a fascinating introduction to the people connected to the place spanning shoemakers, Lord Mayors of London and world explorers. Organised by Hackney Historic Buildings Trust and Walk Hackney.

Book your free place for the tours on [Eventbrite](#).

**Tots' Tales Story Time in the Park, 3pm – 3:30pm**

Theme: Family fun

Meet at Haling Grove Park, CR2 6BR

Bring the kids for 'Story Time in the Park' - a nature-themed sensory story using props, activities and parachute play, bubbles and lots of singing! Suitable for under-5s.

Book on [TotsTales](#) website. Siblings get a discount.

**Trees of Clissold Park, 3pm – 5pm**

Theme: Day walk and talk

Meet at Clissold Park (in front of Clissold House), N16 9HJ

Join this guided walk looking at the old and unusual trees of Clissold Park with Russell Miller, a professional arboriculturalist and ecologist. He is chair of the Ancient Tree Forum and activities coordinator for Tree Musketeers. Organised by the Tree Musketeers.

Register your free place through [Evenbrite](#).

**Summer music at the Bandstand at Ruskin Park, 3pm – 5pm**

Theme: Arts in Parks

Ruskin Park bandstand, SE5 8EL

Enjoy music in the beautiful setting of Ruskin Park for free and listen to The Trouser band. Free event, just turn up.

Find out more on [Friends of Ruskin Park website](#).

**London's Mulberry Heritage - Belair, Brockwell and Myatt's Fields, 3pm – 5pm**

Theme: Day walk and talk

Meet at West Dulwich rail station/ P13 bus, SE12 8HN

Come along for a photography workshop-on-foot that takes place on the historic grounds of three south London grand estates, all linked by an intriguing mulberry heritage: Belair, Brockwell and Myatt's Fields. You'll be in the company of Peter Coles, creator of *Morus Londinium*. Participants to bring their own cameras. Organised by the Museum of Walking.

Booking is essential. Book your free place on the [Museum of Walking website](#).

**Greenwich Park Bandstand Concerts – 3pm onwards**

Theme: Arts in Parks

Meet at Greenwich Park bandstand, SE10 8XH

Enjoy music in the beautiful setting of Greenwich Park for free and listen to the Belvedere concert band. Free event, just turn up.

Find out more on [Friends of Greenwich Park website](#).

Many events taking place during National Park City Week are free. Some have a small charge. Please check the listings to see if you need to book a place at an event. We expect events to be very popular, so please let organisers know if you've booked a place but can no longer attend.

Thank you to all the event organisers hosting events for London National Park City Week.

The event listings are co-ordinated by the Environment Team at City Hall. If you have questions about London National Park City Week please email [NPCweek@london.gov.uk](mailto:NPCweek@london.gov.uk).

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